



F. G. MILLER'S CLASS OF '95 - in alphabetical order, are Renee Anderson, Jaime Ballas, Hollie Blize, Chris Bueckert, Joney Chung, Jacques deMoissac, Irwin Easthope, Melanie Ference, Connie Henderson, Tina Henderson, Bradley Hurtubise, Chrissie Irla, Louise Jenkins, Jonathan Kadutski, Derek Kalynchuk, Monty Kenyon, Dean Kozicki, Ian Kozicki, Cody Kurek, Joseph

Lavalee (not in picture), Lindsay Liebrecht, Jana Linke, Jason Malachowski, Margaret McGregor, Travis Pankiw, Daniel Peterson, Richard Piotrowski, Melissa Poulin, Tom Rae, Ricky Robinson, Kyle Sakowsky, Krista Seward, Robert Vankosky, Bonnie West, Kim Young (not in picture), Tammy Zacharuk, Cameron Zarowny.

FGM Class of '95 holds the future in their hands

F. G. Miller High School's Class of 1995 celebrated the end of their secondary education with a gala ceremony on Saturday, May 20, with the auditorium's decor echoing their theme, "To Dream Is The Future - The Future Is What We Hold In Our Hands." Handprints and stars, coupled with balloons and streamers in burgundy, royal blue and white, combined for a unique and cheerful setting, while inflated silver stars bearing each graduand's name glittered in the light of camera flashes.

Former classmate Rebekah Matthews was Mistress of Ceremonies for the afternoon. Sara Ramer opened the afternoon with O Canada.

The Class of '95 approached the stage to the music, "If We Hold On Together."

An original invocation was given by Tom Rae and

Lindsay Liebrecht, who asked their classmates to draw on the past for the knowledge to face the future, and advised them, "to be what you want to be, that is success."

Principal Jim Hawkins said the Class of '95 "has a lot of character and strength. I really appreciate the things you have been through and overcome. You have shown you can do it." He pointed out their bulldog motto, and said that like the bulldog, they have shown they can hang on.

Valedictorian Renee Anderson likened life to a novel, to which "each person up here has added a chapter. The ending depends on us." She noted that she and her friends are now at a time when decisions are plentiful, and to make the right decisions, "we must believe in ourselves."

A very fitting musical interlude was offered by Jaime Ballas and Melanie Ference, who sang Patty Loveless' "How Can I Help You Say Goodbye?"

Class historians Derek Kalynchuk and Melissa Poulin had everyone laughing with their humorous remembrances of their years with the class. MP Deborah Grey was assisted by Junior High Vice President Jordan Bassett in presenting scrolls and pins.

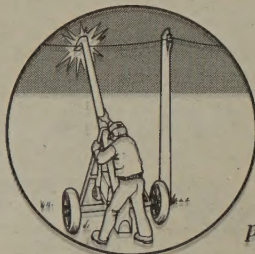
Ms Grey also presented a citizenship award to Cody Kurek, and told the class never to forget their theme, as the future "is in your hands. Somehow it's just that close." She joked that they will find "real freedom," such as getting up at 5:30 a.m. to go to work, but on a less happy note, reminded them that

(Continued on Page 12)

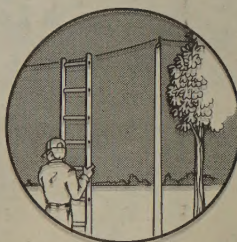
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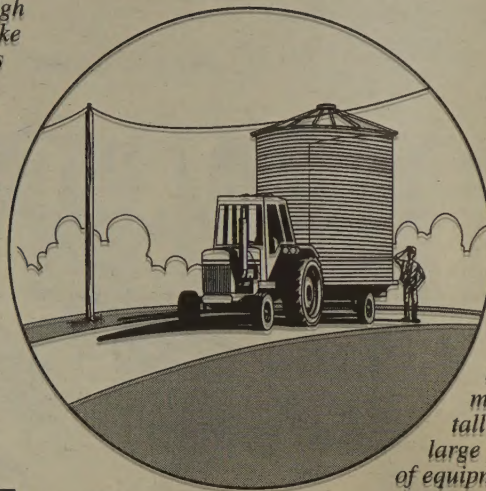
Rules to live by.



Make sure high equipment like grain augers don't make contact with overhead power lines.



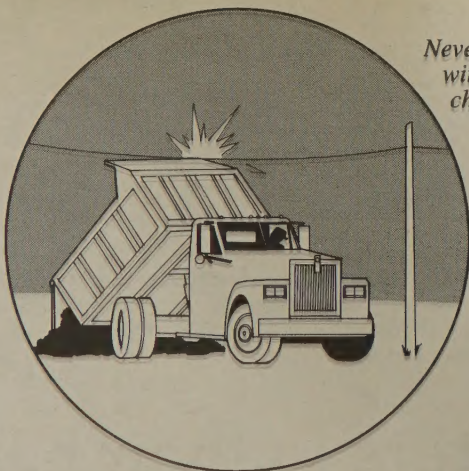
Always watch for power lines when using a ladder to fix your roof or prune trees.



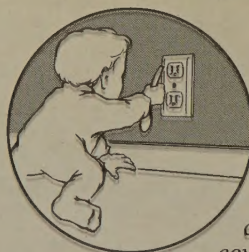
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POWER SAFE

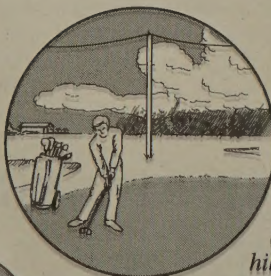
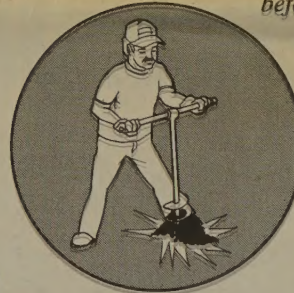
Always call Alberta 1st Call at 1-800-242-3447 before you dig.



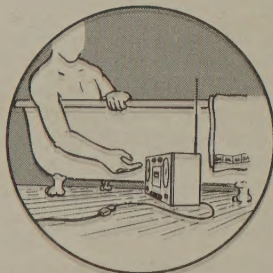
Never unload without first checking for power lines.



Use safety caps to cover outlets if young children are around.



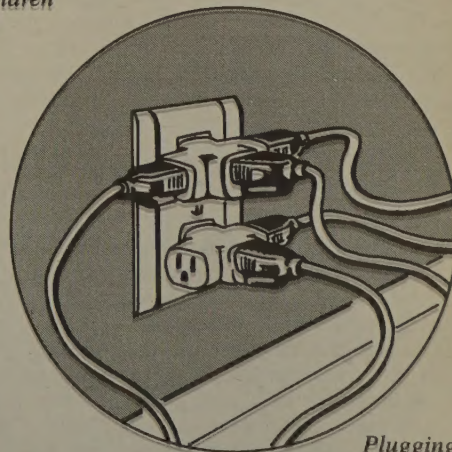
Stay clear of tall trees, open spaces, hilltops, overhead wires and transmission towers during an electrical storm.



Never use appliances like hair dryers, razors and radios near water.



Never fly kites near power lines.



Plugging too many appliances into one outlet can overload the electrical circuit and start a fire.



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F.C.S.S. News

Tensions and how to live with them: helpful tips

Tension and anxiety are our normal reactions to defend against threats to our safety, well-being and happiness. Accidents, violence, financial trouble, job problems, family relations often cause a normal increase in anxiety and tension.

Sometimes, however, we become overly tense and anxious when no real danger exists. We become frazzled and on edge — unable to reason things out or control our feelings. This is a time to be watchful.

Below are some steps you can take to deal more effectively with your tensions. You'll need persistence and determination, but the results will be worth it.

Remember that on matters of health, your physician is your best guide. Follow his or her instructions carefully.

1. Talk it out: When something worries you, talk it out. Sit down with a level-headed person you trust: husband or wife, father or mother, good friend, clergyman, family doctor, teacher, school counsellor. Talking helps relieve strain and enables you to see the problem more clearly.

2. Escape for a while: Often it helps to escape from the problem for a short time: lose yourself in a movie or book, take a drive in the country. It's realistic to escape punishment long enough to recover breath and balance. But be prepared to come back and grapple with the problem when you're more composed.

3. Work off your anger: While anger may give you a temporary sense of righteousness, or even power, it will probably leave you feeling foolish. If you have the urge to lash out, wait until tomorrow. Do something constructive with that pent-up energy — spade the garden, clean out the garage, play a game of tennis, take a long walk. A day or two later you'll be better prepared to deal with the problem.

4. Give in occasionally: If you find yourself getting into frequent quarrels and feeling defiant, remember that frustrated children behave the

same way. Stand your ground, but do it calmly and remember that you **could** be wrong. Even if you're dead right, it's easier on your system to give in now and then. You'll relieve some tension and have a feeling of satisfaction.

5. Do something for others: If you find that you're worrying about yourself all the time, try doing something for somebody else. The steam will go out of your own worries, and instead you'll have a good feeling.

6. Take one thing at a time: For people under tension, an ordinary workload may seem unbearable. The tasks loom so large that it becomes painful to tackle any part. To work your way out of it, take a few of the most urgent tasks and pitch into them. Leave everything else aside. Once you've cleared a few away, the others won't seem such a "horrible mess." You'll be into the swing and the balance of the work will go more easily.

7. Shun the "superperson" role: Some people expect too much of themselves; they strive for perfection in everything they do. The frustration of failure leaves them in a constant state of worry and anxiety. Decide what you do well and put your major effort in this direction. These are probably things you like to do, hence ones that give you the most satisfaction. Then, perhaps, tackle the ones you can't do so well. Give them your best, but don't berate yourself if you don't achieve the impossible.

8. Go easy with your criticism: Expecting too much of others can lead to feelings of frustration and disappointment. Each person has their own virtues, shortcomings, values — their own right to develop as an individual. Instead of being critical, search out the other's good points and help them to develop them. This will give both of you satisfaction, and help you gain a better perspective of yourself.

9. Give the other fellow a break: People under emotional tension often feel they have to

"get there first" — to edge out the other person. It can be something as common as highway driving. Competition is contagious, but so is cooperation. When you give the other fellow a break, you often make things easier for yourself; if they no longer feel you are a threat to them, they stop being a threat to you.

10. Make yourself "available:" Many of us have the feeling that we are being left out, slighted, neglected, rejected. Often we just imagine that other people feel this way about us. They may be waiting for us to make the first move. Instead of shrinking away and withdrawing, it's much healthier to continue to "make yourself available." Of course the opposite — pushing yourself forward at every opportunity — is equally futile. This can be misinterpreted and lead to real rejection. There is a middle ground. Try it.

11. Schedule your recreation: Some people drive themselves so hard that they allow themselves almost no time for recreation — an essential for good physical and mental health. Set aside definite hours for a hobby or sport that will absorb you completely. A time to forget about work and worries.

Source: Canadian Mental Health Association.

ALZHEIMER SUPPORT GROUP

The Alzheimer Support Group will meet on

Wednesday, May 24 from 1:30 to 3:00 p.m. in the Extendicare Conference Room (4614-47th Avenue, St. Paul). The video "An Act of Love" will be shown and refreshments will be served. For more information contact Normande Tannas at 645-3375.

TIDBITS

It is a fact that no matter how old we are, there is always the child within us. For example: One is never too grown up to feel a genuine sense of loss when the second scoop of ice

cream topples from the cone.

Everyone who's ever taken a shower has an idea. It's the person who gets out of the shower, dries off and does something about it who makes a difference.

- Nolan Bushnell

Don't ever be afraid to admit you were wrong. It's like saying you're wiser today than you were yesterday.

Some people are so busy doing the immediate and the urgent that they never stop to think about the important.

Announcement

Dr. Keith McNeilly

wishes to announce he will be taking a Spring Break from June 1-18

Dr. K.C. Miller will be resident in Elk Point during the above period and will completely cover Dr. McNeilly's practice, office and hospital with full access to his files.



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Community Calendar

Here are a few of the upcoming events in Elk Point and area during the coming weeks:

Sat. - Sun., May 27 - 28 - Jan Frisby Memorial Ball Tournament

Sun. May 28 - 4-H Saddle Slickers Poker Rally

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View Points

Get spruced up!

Elk Point's Spruce Up campaign is once more underway, as volunteers do their part to make the community a more attractive place to live and to visit.

Those who adopted planters last year are just waiting for the last frost before they pop in a variety of blooms to add color to the landscape, and businesses and homeowners alike are tidying up their premises for the summer.

To make the community really look its best, however, will take a unified, all-out effort. We shouldn't have a few untidy premises spoiling the effect produced by a whole lot of great looking yards.

Maybe these people aren't able to do anything about their area due to illness or age - but we saw help offered in the FCSS column a while back.

Maybe they can't afford to buy plants - but there are many others out there who would just love to share perennials, shrubs etc. with them.

Maybe they don't have time - but the high school French class is willing to do all sorts of things for a donation toward next year's trip, and garden work is probably no exception.

Or maybe they just don't care how their premises look - but the rest of us, including the Town with their Untidy Premises bylaw, do. What can we do to encourage them to spruce up? Maybe they are just late bloomers??

Whatever it takes, let's all do our part to make the community look its best. We've heard a lot of good things from tourists in years past about what a tidy, good looking town we have, and we want to keep on hearing that sort of remarks.

And... many hands make light work.

The Elk Point REVIEW

4809 - 50 Avenue, Elk Point, AB
Second Class Mail Registration Number 6365
Mailing Address:
Box 159, St. Paul, Alberta T0A 3A0

Publisher: Guy Drouin
Editor: Vicki Brooker
Advertising Manager: Faye Smith

Locally owned and published by
Team Graphics Inc.

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Family Matters

The locus of control

By Dr. Arnold Rincover

Child behavioral psychologist

A child's motivation at school is linked to their belief of whether they have control over personal successes and failures. This thinking is called their "locus of control." A child will not try hard or persevere if they believe they have no control over the outcome of the situation.

Children who have an internal locus of control ("internalizers") think they are responsible for their successes and failures. They believe that if they succeed it is because they try hard and have the ability to succeed. Other children may feel they do not have control over what happens to them. If good things happen it was due to luck, circumstances or other people. These children have an external locus of control ("externalizers"). Many children will fall between these two extremes and possess

characteristics of each type.

A child's locus of control tells a lot about their behavior, actions and what motivates them. An internalizer will do much better at school and in life than an externalizer. An externalizer will think mistakes at school are because the work is too hard. Believing nothing can be done, this child will not try hard or for very long. Externalizers will develop lower expectations, choose easier challenges and give up quickly. These feelings of helplessness will extend to other situations and influence the child's outlook, attitudes and motivation toward all activities. Without a feeling of control or influence on what other people think this child will not initiate contact with new people or try to "repair" friendships when problems arise.

The child who is an internalizer will expect to do well as a result of hard work. Initiating

conversations and play with other children will be common for this child. Internalizers will take the lead in problem-solving and learn to compromise, share, reciprocate and get along with others. An internalizer will excel at school and out-perform children of equal intelligence.

Whether a child is an internalizer or externalizer is linked, in part, to the parents' attitudes during child-rearing. A child's locus of control begins to develop at infancy. Infants are clearly happier if they feel they have control over the world around them. The more a child's crying is ignored during the first years, the more likely a child will feel powerless.

As the child grows, parents should continue to nurture the child's locus of control. Encouraging independence will go a long way toward making your child an internalist. Children who are allowed to make decisions, go places and are given time to solve everyday problems tend to become internalizers. Children who are not granted these privileges usually become externalizers. Externalizers will often have a dominating mother and father who make all the necessary decisions for them.

Individual children will have different needs. It is up to each parent to judge what extent freedom and choice should be given. Parents should monitor how a child is developing and act accordingly. Nurturing a child's locus of control will give him/her the



NUTRITION MONTH POSTER ARTISTS - received prizes from the North East Home Economics Association for the posters they created during Nutrition Month. Standing, left to right, are Cheri Lindquist of the Home Economics Association, Kirsty Lindquist, Kyle Kurek, Amanda Zapesocki; front row, left to right, Laci Jacobson, Sarah Goulet and Krisean Sakowsky. Kyle was the overall winner. All participants received stickers and wheat crunch snacks for their efforts. The class also visited the Grade 8 Home Ec class at F. G. Miller for a pizza making session during Nutrition Month.

Pioneer Circle bingo

May 15, 1995

Lavina Charlton \$30, Harry Dumont \$60, Kathy Zarowny \$30, Brenda Patroch \$30, Florence Demchuk \$5, Eliza Quinney \$5, Ann Jacula \$5, Lynn Lundgren \$5, Ron Dumont \$5, Sam Barstad \$5, Mary Stanley \$10, Mrs. Batu \$10, Patricia Dion \$10, Erling Pynten \$30, Jerry John \$30, Jean Gascon \$15, Melody Gosselin \$15, Doris Gunderson \$30, Ann Jacula \$30, Anita Ballas \$15, Sylvester Gladue \$15, Lena Stepa \$30, Sylvester Gladue \$30, Stella Lorensen \$63, Annie Piotrowski \$104, Caroline Shankowski \$42, Sam Barstad \$680, Margaret Gladue \$64, Bob Sparks \$1843, Lynn Lundgren \$64, Wanda Stanley \$64, Faye Randall \$64, Jerry John \$64.

No quorum for Chamber

Elk Point Chamber of Commerce appeared to be the victim of spring fever on Wednesday, May 17, when only six members turned out for the noon meeting.

Without a quorum, no real work could be done, however the group heard a brief report on the physician recruitment situation. Dr. Drew Ramful told Chamber representative Brent Becker that he would welcome another doctor to join the local medical community, and that the Health Centre is currently seeking such a person. However, potential doctors feel that the long term future of the health centre is uncertain, and that they might not be able to provide services to patients if further cutbacks are made. An interview with a candidate from Edmonton had been scheduled, but the appointment was not kept. Dr. Ramful once again emphasized that he is not leaving Elk Point, and will continue to serve the community.

Those present also heard that information is currently being received for the Tourist Information Booth, which will open Thursday, June 1. New copy for the Elk Point brochure has been completed, and is going to press this week. The tourism committee hopes to utilize a fun map of the community which has been created by Terry Hebblethwaite as an insert for the brochure, along with a list of community events for the summer months, and a list of Chamber members. Those who have not

renewed their Chamber membership were reminded to send those in by May 30 in order to be included in the listing.

The Information Centre will probably be operating on a 5-day week this year, since the position which was shared with the Fort George - Buckingham House Interpretive Centre is not available this year. The Information Centre will be open Wednesdays through Sundays each week for three months.

No further developments have been reported on the Spruce Up Elk Point project, although many of the businesses who adopted planters last year are getting ready to put in plants once the danger of frost is past.

Town Administrator Curt Svendsen told the Chamber that CN has offered the Town first option on the property south of Railway Avenue currently used as a snow dump and for large vehicle parking, but the Town has declined the offer at this time. The Chamber had at one time considered putting the tourist booth in that area, but later decided it was not feasible because access would not be any better than the current location, and some tourists are reluctant to pull off the highway if a TIC is not adjacent to it.

The Chamber's next meeting is Wednesday, June 7 at 12:00 noon and all seniors who were formerly Chamber members, as well as the current members, are cordially invited to attend.

Town, FCSS discuss concerns

A four-member delegation from the Elk Point Family and Community Support Services visited Town Council's May 15 meeting to discuss a variety of concerns regarding the future of FCSS in the community.

Board chair Charlotte Varem-Sanders expressed a hope for improved communication between FCSS and the Town, and for more involvement by the board in decisions that effect the department. Her view of the role of FCSS, she stated, was to represent the vulnerable part of the community, and to do this, a caring attitude toward the young, elderly and vulnerable in necessity.

FCSS Director Terri Ehlert added that FCSS wants to work with the Town in a close and harmonious atmosphere, and hopes to keep the services they are now providing intact.

When questioned regarding the recent change to unconditional funding, Mayor Ed Buck said this move was made primarily because the unconditional grant is paid quarterly, while the conditional grant is paid at the end of the fiscal year, and the quarterly payments will make it easier on cash flow. He assured the delegation that this change would have no effect on FCSS staying in Elk Point, but noted that grants are continually being cut, with the Town now paying 4.5% more than their required 20% match, when facility rent is added in.

The FCSS role of providing preventative services and referrals in a confidential atmosphere was explained by Ms Varem-Sanders, who asked Council, "are we missing the mark?"

Councillor Louis Verhagen said he felt FCSS is very much needed. "People need a place they can air their concerns, and get referrals and reassurance. I am in support of FCSS continuing."

The mayor asked for details on caseloads and hours of operation, and was told that FCSS had made 7800 contacts in 1994, and over 2000 so far this year, as they try to meet the needs of the community.

The changes over the past year were discussed, and Ms Ehlert explained that the Board's apprehension last year had been over the abrupt end to the recreation program, rather than the move to a management board. The latter has been very successful, she noted, but she felt that communication had broken down

somewhat on the recreation issue. Board member Sharon Smith expressed a hope that the Town and Board could leave these difficulties behind and move on.

Mayor Buck asked if programs started by FCSS become autonomous, and was assured that Parent Nursery is now on its own, while the Playschool is well on its way to self-sufficiency. Current projects involve work with a group dealing with crisis management, and planning for the downloading of responsibility for children's services to the community. With these and other functions such as referrals, the department keeps as busy as funding permits.

Regarding the summer closure of the FCSS office due to

a part time basis." Ms Varem-Sanders added that with such issues as the community health council and children's services coming to the forefront, "we all have to work together, and keep people like Terri involved. The new people coming in (eg. at the hospital) aren't familiar with the community and its needs." She added that "it's not a matter of what we want, but what we need. Someone needs to be in charge, we need key people in place, to go into the future."

Fiscal responsibility was one concern expressed by the mayor, who said some FCSS programs have been "hand fed to keep them going," and that no new programs have been started recently. The long term programs, Ms Ehlert stated, were those the community has asked for, while the department has steered clear of projects they cannot afford, such as counselling services. They have been involved in the formation of the Interagency committee and the Community Policing Advisory Committee, both of which are ongoing and which have been "set up and let go."

A comment earlier in the year had sparked concern about a plebiscite to determine the fate of FCSS. Councillor Bill Schuhmacher said he had brought that suggestion from a resident to Council, but that he doesn't feel it would be a good move, and might mean the end of FCSS, because the public at large has doubts about the department, probably because they have had no need to access its services.

Councillor Ron Smith said he had thought at the time that a vote would be good, but now isn't sure. He agreed that "most of the people who don't know about FCSS are those who don't use it."

Mayor Buck said that having facts and figures, such as number of cases dealt with, would give Council "something to argue with" on behalf of FCSS. He said "we would all like to see it exist, as long as it can do so with some financial dignity."

Whether the department is on target, Mayor Buck said it is "hard to say, exactly what we really want." However, the budget to continue the program is approved for 1995, and will come up for review again in 1996. Ms Ehlert said the department has been acting in accordance with the master plan and public input, "and will do so until we're told to do otherwise."

Budget to be finalized on May 29

Elk Point ratepayers will have to wait a little longer to find out what their 1995 property tax bills will be. Town Council has called a special meeting for Monday, May 29 to finalize the budget and set the mill rate.

A number of items pertaining to the budget were a part of Council's May 15 agenda, with decisions made to purchase a new pickup truck for the Public Works Department and to repaint another Town truck.

Consideration was also given to repaving a short stretch of street, with discussion of the possible need to pave another area as well, as a section of water main may have to be changed due to deterioration.

Final decisions on the Town's spending for 1995 will be made at the special meeting.

funding cuts, Ms Ehlert said that is when the caseloads and activities are the fewest, and FCSS is needed the least.

When asked by the mayor what she thought the future held for FCSS, Ms Ehlert said she felt it would remain, "but probably in a different form. It can't be a full time program on

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DO YOU REMEMBER THESE? - Sharon Kuhn brought a fascinating collection of household items of the past to display at Parkview Extended Care during the Canada Health Day tea, bazaar and bake sale.

Car club and merchants planning Happy Daze

The 1950s are coming back to Elk Point next week, when the Elk Point Auto Club and the Chamber of Commerce Merchants' Committee combine their talents to present Happy Daze, a June 3 event which will feature an outdoor auto show on Main Street, plus entertainment, contests and sidewalk sales.

Three blocks of Main Street - from Railway Avenue north to 51 Avenue - are being blocked off for the car show, which will go from 10 a.m. to 4 p.m. This is the first time the club has held an outdoor show, and they are looking forward to reaching a whole new audience. As usual, the club will be soliciting votes from the public for their favorite vehicles in a variety of categories. Votes will be accepted until 3 p.m., to allow for tabulation before the awards are presented at 5 p.m.

Elk Point's radio control enthusiasts are also expected to be on hand with a

display of some of their aircraft.

A stage will be set up between Capitol Drugs and Toronto Dominion Bank, and will be the site of the Fonzie Look-Alike Contest at 2:00 p.m. and the Jive Contest at 2:30 p.m., as well as entertainment. **More entertainers are still needed**, and if you would be interested in being part of the excitement, feel free to phone Barb Croteau at 724-3042 or Ian Kossey at 724-3355 to get your name on the list. Trophies will be presented for first and second place in the Fonzie and Jive Contests.

Downtown businesses are getting into the act with sidewalk sales during the car show, and the Toronto Dominion Bank will be serving coffee.

The weekend is shaping up to be an exciting one, so make sure you come downtown and take part in the fun. Everyone is encouraged to dig out their 1950s and 1960s duds and add to the Happy Daze atmosphere.

Canada Health Day at Parkview Extended Care



HOSPITAL AUXILIARY MEMBERS - including Hughie Krucik (left) and Irene Magnusson, who tended the Bazaar table, hosted their annual Canada Health Day tea, bake sale and bazaar on May 12, in the pleasant surroundings of the Parkview Extended Care.

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- * Coupons over \$1.00 redeemed at face value only.
- * One coupon per item per customer.
- * Offer good on manufacturer's coupon only.
- * Does not apply to "Free" merchandise coupon offers, mail-in offers or cash rebate coupons.
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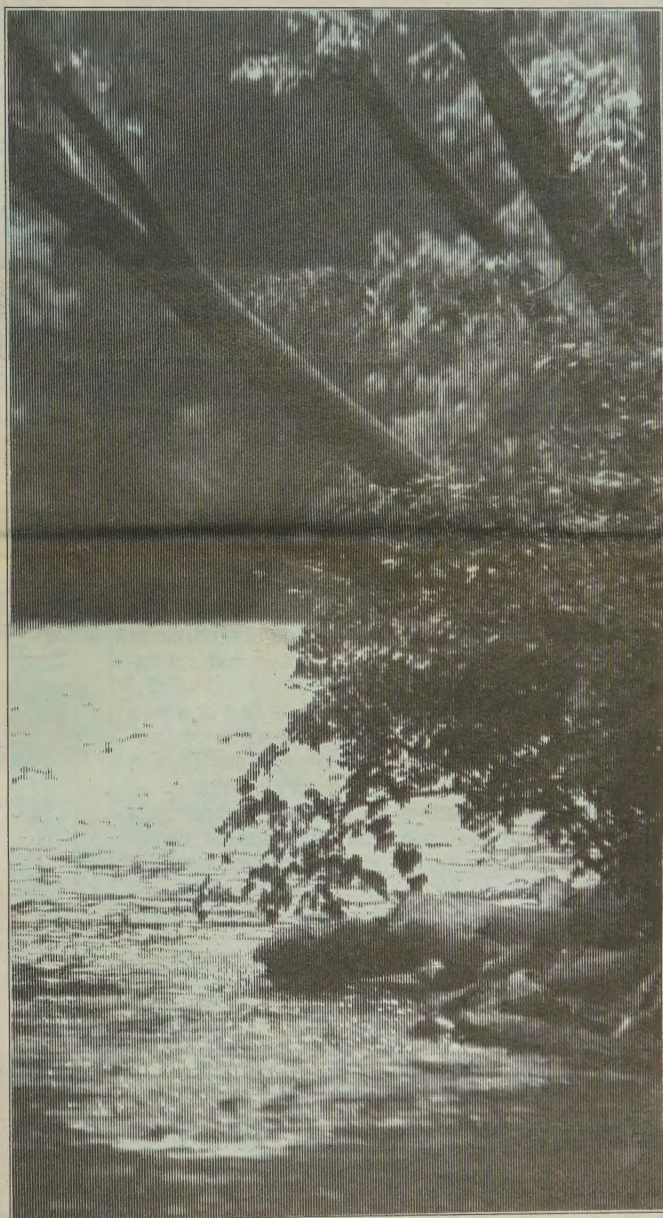


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LAKE COUNTRY

Family Recreation Guide

FREE



SUMMER 1995

Published by the St. Paul Journal

Welcome to Lake Country

Then and Now

Retreating glaciers carved the landscape of north-eastern Alberta, and it is the resulting parkland that has shaped its history.

Before the coming of European explorers, nomadic First Peoples relied on the plains and wood buffalo, and the plentiful stocks of fish and game for their sustenance. The fur trade brought about the meeting and continued interaction between early traders, mostly French Canadian, and the Cree Indians of northeastern Alberta.

To rival the first trading post in Alberta, which was built by the North West Company near Fort Chipewyan, the Hudson Bay company constructed Fort George (near Elk Point) to trade with both Plains and Woodland First Peoples. Competition between the companies brought about the North West's construction of Buckingham House on an adjoining piece of land.

Protestant and Catholic missionaries arrived, resulting in the building of several missions, the most notable being Whitefish Lake; Victoria, near present-day Smoky Lake; Notre Dames des Victoires, near present-day Lac La Biche; and St. Paul de Cris, later de Metis, set up by Father Lacombe in an attempt to establish farming colonies for First Peoples and Metis near St. Paul.

By the 1870's the federal government was preparing for European settlement by negotiating treaties with First Peoples bands that would assign them to reserves. The North West Rebellion, during which time the Frog Lake Massacre occurred, had its roots in this process.

In the early 1900s Ukrainian and Romanian settlers streamed into western Canada, settling in large blocks in north eastern Alberta. They were followed by pioneers from many nations who had heard the enticing calls of the Canadian government. They soon etched productive farms from the rich parkland in the area and established a distinctive cultural flavor that still strongly exists today.

Today visitors are attracted by lakes and beaches that restore the soul to even the weariest of travellers, shops and stops in which to linger awhile, and wilderness and urban experiences of all kinds.

Whether your dream is to collect driftwood on a remote northern lake, trace the footsteps of the fur traders, cheer from the stands of a rodeo corral, or just take it easy in some of Alberta's most relaxed natural settings, you'll have a vacation of a lifetime in The Lake Country.

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Editor: Olli Megley

Layout: Olli Megley & Lorraine Samboryk

Content: St. Paul Journal Staff

This is the fourth edition of the "Family Recreation Guide to the Lake Country". Our attractions and service listings are as complete as our researchers, in cooperation with municipal and provincial authorities, could make them. If you know of something that you think should appear in this guide, please contact us at 645-3342, and we will consider it for a future edition.

Lake Country Road Guide

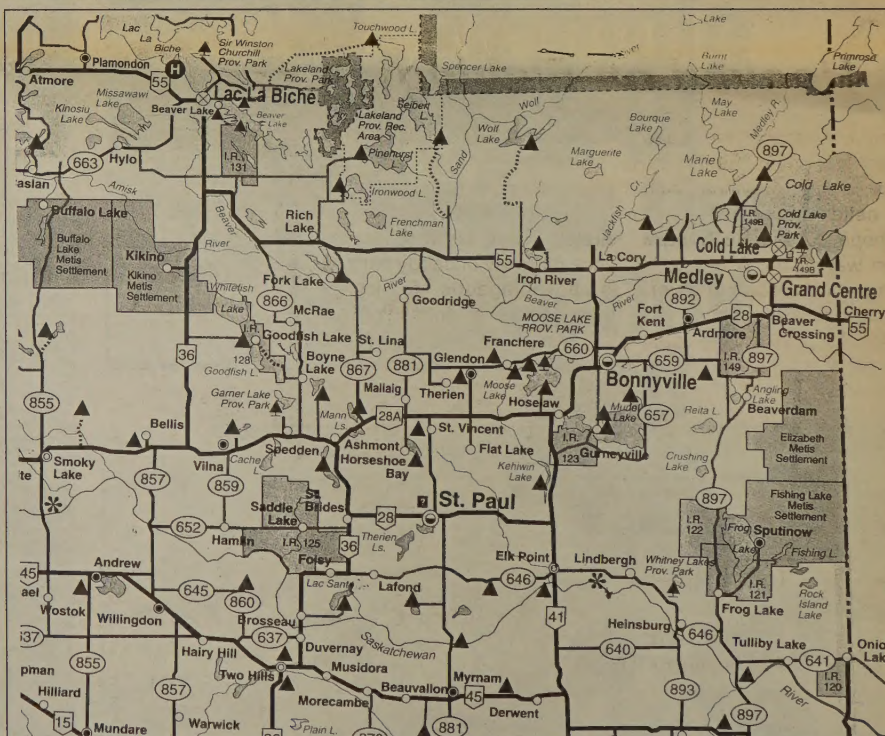


Photo: Paul-Emile Boisvert

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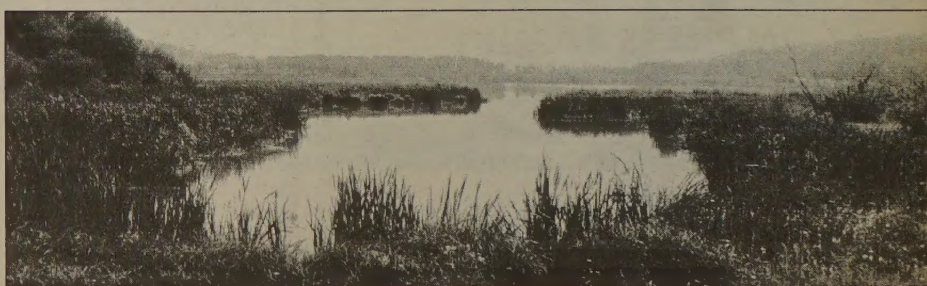
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The Lake Country Family Recreation Guide Summer 1995, Fourth Edition

Published by the St. Paul Journal
A Division of Team Graphics
4813 - 50 Ave.
St. Paul, AB Canada TOA 3A0



Making A Splash



Photo: N. Tyska

PADDLIN' UP THE RIVER - Kevin, Hal, and Buddy the Canine Canoeist, members of the White Earth River Paddlers, are enjoying surfing and eddy hopping in their solo boats. They were captured on their first paddle of the season on the North Saskatchewan River just upstream from the White Earth River outlet.

Hooked on Fishing

Without a doubt, the Lake Country has some of the best fishing in the province. And what better experience could one hope for than to sit back in the warm sun, boat gently rocking, birds soaring overhead...and feel that nibble!

What can you expect to catch in the Lake Country?

Walleye or "Pickerel" - This member of the perch family is the most prized of our warm-

water gamefishes because of its excellent table qualities. Walleye tend to be localized in distribution within a lake or stream. They show a preference for rocky or sandy bars. It is advantageous to locate these areas when fishing for this species.

Northern Pike - Pike are the most abundant and widely distributed of the provinces

(Cont. on pg. 4)

STEDMANS

Downtown -- St. Paul



STORE HOURS:

Monday to Thursday -- 9:00 a.m. to 6:00 p.m.

Friday -- 9:00 a.m. to 9:00 p.m.

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Great Lakes

AMISK LAKE: pike, walleye, perch, whitefish
ROUTE: 14 km east of Boyle, then 1 km south

ANGLING LAKE: pike, perch
ROUTE: 90 km north of Marwayne on Highway 97

ANTOINE LAKE: pike, perch
ROUTE: 10 km east of Lac La Biche

BARBARA LAKE: pike
ROUTE: 15 km north, 7 km west of La Cory

BASE LAKE: pike, whitefish
ROUTE: 60 km west of Conklin

BEARTRAP LAKE: pike, perch
ROUTE: 17 km east of Bonnyville Beach junction on Highway 28, 3 km south, 2.5 km east

BEAVER LAKE: pike, walleye, whitefish, perch
ROUTE: 4 km south of Lac La Biche

BELLIS BEACH LAKE: rainbows, perch
ROUTE: 22 km east of Smoky Lake on Highway 28, 2 km south

BENTLEY LAKE: pike, perch
ROUTE: 1 km south of Chickenhill Lake

BONNIE LAKE: pike
ROUTE: 5 km east of Vilna on Highway 28, 4 km north

BONNYVILLE TOWN POND: rainbows
ROUTE: near north shore of Jesse Lake in Bonnyville

BOURQUE LAKE: pike, walleye, perch, whitefish
ROUTE: 25 km north of Moore Lake

CACHE LAKE: pike, perch
ROUTE: 4 km east of Vilna on Highway 28, 6 km south

CHARRON LAKE: pike, perch
ROUTE: 10 km north of Atmore on Highway 63, 2 km east, 3 km south

CHATWIN LAKE: rainbows
ROUTE: 5.6 km west and south of Bonnyville on Highway 28, 2.4 km west on Bonnyville Beach Road

CHICKENHILL LAKE: pike, walleye, perch, whitefish
ROUTE: 6 km south from St. Vincent on Highway 881, 13 km east, then south to the lake

CHRISTINA LAKE: pike, walleye, perch, whitefish
ROUTE: 3 km east of Conklin or, accessible on Highway 881 from Fort McMurray

CHUMP LAKE: pike, walleye, perch
ROUTE: 5 km northeast of Caslan

CLAUDE LAKE: pike, walleye, perch
ROUTE: 7 km northeast of Lac La Biche on Highway 668

CLYDE LAKE: pike
ROUTE: northwest corner of Cold Lake Air Weapons Range

COLD LAKE: pike, lake trout, walleye, perch, whitefish
ROUTE: located on Highway 28 in the town of Cold Lake

CORNER LAKE: pike
ROUTE: few hundred metres east of Wolf Lake



LAKELAND RODEO FINALS



Aug. 31 - Sept. 3/95 -- Polaris Arena, St. Paul

Hosted by the St. Paul Agricultural Society

RODEO HEADQUARTER -- LAKELAND RODEO ASSOCIATION -- PHONE 645-6709

Friday, September 1

11:00 a.m. -- SPECIAL OLYMPICS, at the Polaris Arena. Free admission.

7:00 p.m. -- RODEO PERFORMANCE

9:00 p.m. -- BEERFEST, K.C. Jones

Saturday, September 2

7:00 a.m. -- PANCAKE BREAKFAST, at the Co-op Mall
9:30 a.m. -- PARADE ENTRIES, Judged at the St. Paul Co-op Mall

10:30 a.m. -- PARADE, (Route passes by Extensicare & hospital before proceeding down main street to Rec. Centre). Ph. entries to Terry 645-6800.

12:00 Noon -- BEER GARDENS

13th ANNUAL LAKELAND ARMBENDERS CHAMPIONSHIP at the Curling Rink

1:30 p.m. -- RODEO PERFORMANCE

7:00 p.m. -- RODEO PERFORMANCE

9:00 p.m. -- BIERFEST, Music by "K.C. Jones"

BEST DRESSED KIDS - SAT. 1:00 P.M. -- At Curling Rink after parade, prizes awarded.

AGLAND PEDAL PULL - SAT. 1:00 P.M. -- At Curling Rink after parade prizes awarded.



Sunday, September 3

10:00 a.m. -- COWBOY WORSHIP SERVICE, at the Polaris Arena. Everyone welcome.

1:00 p.m. FINAL RODEO PERFORMANCE

OPEN HORSE SHOW

Sunday August 27/95

8:30 a.m. -- Ag. Corral

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Monday, August 28

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Great Lakes

CORRIGALL LAKE: perch
ROUTE: 17 km north, 9 km east of Calling River

ELINOR LAKE: pike, walleye, perch
ROUTE: 40 km southeast of Lac La Biche, 12 km northwest of Ironwood Lake

ERNESTINA LAKE: pike, walleye, perch
ROUTE: 10 km south and 1 km east of Ardmore on Highway 28

FLOATING STONE (BOYNE) LAKE: pike, walleye, whitefish, perch
ROUTE: 6 km east to Spedden on Highway 28, 8 km north

FORK LAKE: pike, perch, whitefish
ROUTE: 6 km east of Ashmont on Highway 28A, 27 km north

FRENCHMAN LAKE: pike, walleye, perch, whitefish
ROUTE: east on Highway 28 to junction with Highway 36, north on 36 to junction with Highway 55, east on 55 to Rich Lake Store, 11 km east, 5 km to lake

FROG LAKE: pike, walleye, perch
ROUTE: 3 km north of Frog Lake on Highway 897

GARNER LAKE: pike, walleye, perch
ROUTE: Highway 28 north from Edmonton to Spedden, 5 km north

GOODFISH LAKE: pike, walleye, whitefish, perch
ROUTE: Highway 28 north to junction with Highway 662, 19 km north

GRIST LAKE: pike, walleye, perch, whitefish, lake trout
ROUTE: 25 km southeast of Conklin

HANMORE LAKE: pike, perch, whitefish
ROUTE: highway 28 north from Edmonton to Smoky Lake, 19 km north

HAPPY HOLLOW LAKE: rainbows
ROUTE: accessible by road around west side of Moore Lake

HEART LAKE: pike, walleye, perch, whitefish
ROUTE: Highway 868 from Lac La Biche to Imperial Mills, 16 km east

HILDA LAKE: pike, walleye, perch
ROUTE: west of Ethel Lake

HOPE LAKE: pike, walleye, perch
ROUTE: 12 km north and 8 km east of Boyle

Catch'n Release

In order to preserve the fishing in Alberta for future generations, anglers are encouraged to practice catch-and-release techniques.

Even where regulations do not require it, catch-and-release is a philosophy that suggests angling is a valued recreation experience, not just a way to secure food.

Barbless hooks make releasing easier, and increase the sport in fishing. They are also easier to remove from clothing and body parts.

To release a fish, avoid taking it out of the water. Grab the hook with a needle-nosed plier or young fingers and use the weight of the fish to release the hook.

Leave deeply set hooks, or those that were swallowed, in the fish to decompose. The fish has a better chance to survive with the hook than if you rip out its

throat or gills.

Avoid handling and especially squeezing the fish. This can cause internal damage.

Keep the fish in the water as much as possible. Thrashing can damage the fish and exposure to air decreases chances of survival.

Help to revive the fish by gently holding it in the water in a normal swimming position and move it back and forth to move water over the gills and allow oxygen to enter its blood.

Most importantly read the Alberta sportfishing guide to understand the regulations pertaining to fishing restrictions.

Catch-and-release is a form of recycling. It gives yourself and others the opportunity to catch that same fish again, and for that fish to grow bigger, perhaps to some day become a trophy fish.

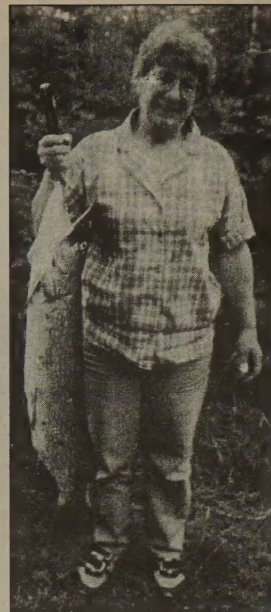
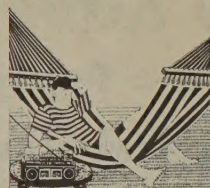


Photo: V. Brooker

For Keeps

This is the big one that wasn't allowed to get away.

Betty Schapp of Vilna won the battle with this Northern Pike whopper. It weighed in at 17 3/4 pounds and measured 39 1/2 inches. It was caught at Wolf Lake in 1994.

Hooked on Fishing

(Cont. from pg. 3)

warm-water gamefish. Waters that contain pike are easily accessible, and the fish are relatively easy to catch.

Lake Whitefish - Until recently, Lake Whitefish has been considered exclusively a commercial species in Alberta. But anglers have begun to realize its potential as a gamefish and have developed methods of taking this species with hook and line.

Lake Trout - Most Lake Country lakes are too shallow for Lake Trout, but they do exist in the deep, cold lakes of

the north eastern section of the region. Many fly-in camps provide access to lakes containing trout.

Yellow Perch - This colorful little panfish is almost as widely distributed as the Northern Pike and frequents essentially the same habitat. Two pounds is a great catch.

When you pick up your fishing license, obtain a copy of the Alberta Guide to Sport Fishing. In it you will find all the rules, regulations, and restrictions involved in fishing in the province.

Pleasure Comes in Waves.

Do you want to cruise all day? Ski? Scream out of the hole like a banshee? Climb aboard the new three-passenger Polaris SLT750 and choose all of the above. Its appetite for fun comes from a reed-inducted 744cc engine, new Big Mouth pump and stainless steel 4-blade impeller. Plus touches like standard reverse and a cool new Multi-Function Display. All you need to extract pleasure from water.

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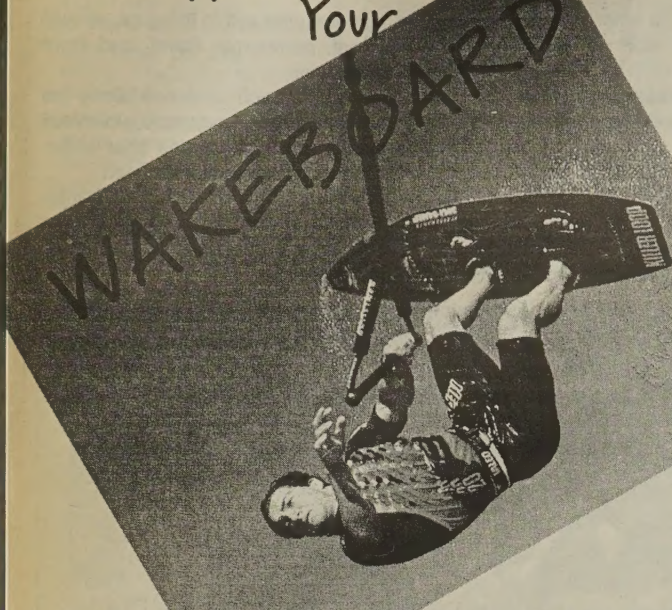
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Flippin' Out Over Your



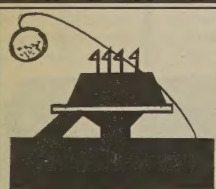
Reality check. Flips are not easy. Learning flips will hurt. The best flippers in the world (two of whom are Canadians Jeremy "the Kid" Kovak, and Jeff Heer) say so. But, we understand when you say you just gotta' learn it. Flips are cool. Flips are gutsy. Flips are it.

The best way to learn any aerial move is on a trampoline. If you don't have access to one, try flipping off a dock, anchored raft, or diving board. The idea is to increase your aerial sense first; the sense of being upside down as well as the muscle commands it takes to put your a - er - arm over teakettle as they say. Watch a video of someone executing a flip, then compare it with a video of yourself. Tap into some great videos by calling High Output Sports at 1-800-735-7597, or Overtons at 1-800-334-6541. And ask for coaching. A person in the boat, especially one who has watched the videos with you, can help you with where your body parts need to be.

Ready to try? Here are a few keys to a wakeboard back roll:

1. Cut 10 - 15 feet outside the wake on the back side.
2. Turn slowly and turn progressively harder as you approach the wake.
3. Keep your body straight and knees slightly bent.
4. When leaving the wake, turn your head over your shoulder for left-foot-forward boarders) and spot the water.
5. Keep the handle pulled in at all times.

And be prepared for the bumps, lumps and dumps.



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Water Ski Mania

Water skiing and the Lake Country. A marvelous combination. Where else in Alberta do so many people have a lake in their backyard, often sharing it with folks from other places? Resident or tourist, water ski mania hits this area BIGTIME in the summer.

"Can you drop a ski?" A classic question for the classic water skier. "Classic" water skiing involves three events: slalom (going around the buoys); tricks (water gymnastics); and jump (airborne off the ramp). The "non-classic" events include wakeboarding, the hottest growing of waterskiing sports, kneeboarding, and barefooting - "Look, Ma, no skis!"

Everybody's doin' it in some form or another, and having a blast. Serious hot-doggers may want to take a lesson, or try a competition. No experience necessary: get there and learn. Here's how to do it.

Your best bet is to phone Water Ski Alberta at 453-8626. They are in the know about water ski happenings province wide, in particular a Recreational Water Ski Tour designed especially for weekend warriors. Get the goods on the competition being hosted by the Moose Lake Magic Water Ski Club from Bonnyville on August 13. The club contact is Guy Demers at 826-3611/3602. Who knows, you may want to take lessons using their slalom course.

Interested in seeing how the "big guns" do it? Alberta is hosting the 1995 Western Canadian Water Ski Championships August 3 - 6 at Shalom Park (Rabbit Hill) near Edmonton. Bring your lawn chair and cooler, and be prepared for some exciting action.

Who you gonna call?

For information on all forms of water skiing, including camps, clinics, ski schools, tournaments, and lessons, call

**Water Ski Alberta
453 - 8626.**

Great Lakes

HORSE LAKE: pike
ROUTE: 4 km north of Plamondon

IRONWOOD LAKE: pike, walleye, perch, whitefish
ROUTE: 6 km east of Ashmont on Highway 28A, 54 km north

ISLAND LAKE: pike, perch, smallmouth bass
ROUTE: 5 km northeast of Hammore Lake, north of the town of Smoky Lake

JACKFISH LAKE: rainbows
ROUTE: 6 km south of Myrnam, 5 km west

JACKSON, BLACKETT, KINNAIRD & HELENA LAKES: pike, walleye, perch
ROUTE: north from Pinehurst Lake road

KEHIWIN LAKE: pike, walleye, perch
ROUTE: Highway 28 north from Edmonton to junction with Highway 41, 5 km north

KIRBY LAKE: pike, whitefish
ROUTE: 8 km west of Winefred Lake

LAC DE LORME (GEORGE'S LAKE): rainbows
ROUTE: 16 km southeast of St. Paul

LAC LA BICHE: pike, walleye, perch, whitefish
ROUTE: via Highway 36

LAC SAINT CYR: pike, perch
ROUTE: 21 km east of Lafond on Highway 646, 1.5 km north, 1 km west

LAC SANTE: pike, perch
ROUTE: 10 km east, 3 km north of Brosseau

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Great Lakes

LAURIER LAKE: pike, walleye, perch
ROUTE: 11 km north of Heinsburg

LITTLE BEAR LAKE (HASSE LAKE): rainbows
ROUTE: 4 km west of English Bay on Cold Lake, east of Primrose Lake road

LITTLE MOOSE LAKE: pike, perch
ROUTE: 2 km west of Two Hills, 13 km north, 1 km west

LOGAN LAKE: pike, walleye perch
ROUTE: 7 km north of Heart Lake

LONE PINE LAKE: pike, walleye, perch, whitefish
ROUTE: 3 km southeast of Kikino Metis Settlement

LONG LAKE: pike, walleye, perch
ROUTE: Highway 28 northeast from Edmonton to Highway 831 west of Waskatenau, 38 km north to Long Lake Provincial Park

LONG LAKE #2: pike
ROUTE: 7 km south of Sputnikow on east shore of Frog Lake, 12 km east

LOTTIE LAKE: pike
ROUTE: 9 km south, 1 km west of Ashmont on Highway 36

MANATOKAN LAKE: pike, perch
ROUTE: 19 km north of Bonnyville to La Corey, 10 km west, 3 km north, 2 km west

MANN LAKE (LOWER): pike, perch
ROUTE: Highway 28 to Ashmont, then take Highway 28A 2 km east

MANN LAKE (UPPER): pike, walleye, perch
ROUTE: 5 km northeast of Ashmont on Highway 28A

MARIE LAKE: pike, walleye whitefish, perch
ROUTE: 5 km northeast of English Bay on Cold Lake

MAY LAKE: pike, walleye, perch, whitefish
ROUTE: 16 km northwest of Medley River campground

MINNIE LAKE: pike, perch
ROUTE: 5 km west, 2 km north of Moose Lake

MISSAWAWI (VENICE) LAKE: pike, perch
ROUTE: 16 km from Lac La Biche on Highway 663

MONS LAKE: pike, perch
ROUTE: 6 km east of Smoky Lake, 6 km north, 3 km east

MOORE (CRANE) LAKE: pike, walleye, perch
ROUTE: Highway 28 from Ardmore, 15 km to Highway 55, 5 km west, 5 km north

MOOSE LAKE: pike, walleye, perch, whitefish
ROUTE: Highway 28 north from Edmonton, Highway 28A to Therien, north to Glendon, east to lake

MOOSE HILL LAKE: pike
ROUTE: 6 km east of Elk Point on Highway 646, 4 km north

MURIEL LAKE: pike, walleye, whitefish
ROUTE: 13 km south of Bonnyville

NAMPEI CREEK RESERVOIR: rainbow
ROUTE: South of Radway 5.5 km, east 5.5 km, north 1 km, east 100m on access road

PINEHURST LAKE: pike, walleye, perch
ROUTE: north on Highway 36, 58 km from Vil na, north and east to west side of lake

POWDER LAKE: pike, perch
ROUTE: 2 km southeast of Sand Hill Lake

Lac Sante has something for everyone

If a quiet family campground is where you're looking to spend this summer, look no further than Lac Sante.

Lac Sante, a glistening lake located approximately 24 km east of Highway 36, has everything for the family camper.

The campground, which is managed by Al Beaudoin and owned by the Town of Two Hills, has more than 200 sites, each complete with power hook-ups and open fire pits.

Two shower stations and a sewage dumping

station are also featured within the area, as well as a laundromat, hamburger stand, and store run by the Beaudoins.

A beautiful sandy beach stretches along the edge of the lake, while a playground, volleyball courts, tetherball, and horseshoes offer entertainment for the more athletically inclined.

Residents will never be bored at the campground, as special events are usually planned by the Beaudoins to keep campers entertained throughout the summer.



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Ample Parking for Recreation Vehicles
Located East St. Paul on Main Street (Hwy. 28)



Great Lakes

RAFT LAKE: pike, perch
ROUTE: 5 km north of Clondonald

REED LAKE: pike, perch
ROUTE: 5 km north of Garner Lake Provincial Park

REITA LAKE: pike
ROUTE: 10 km south of Beaverdam on Highway 897, 1 km west

RICH LAKE: pike, perch
ROUTE: 4 km south of Ironwood Lake

ROSS LAKE: pike, perch
ROUTE: 6 km west of Frog Lake Settlement

SADDLE LAKE: pike, walleye, perch, whitefish
ROUTE: Highway 28 to Ashmont, 14 km south on Highway 36, 5 km west to T-intersection, 3 km north

SAND HILL LAKE: pike, perch
ROUTE: 4 km south of Atmore on gravel road, or east to Highway 46 for 5 km then turn south

SEIBERT LAKE: pike, walleye, whitefish, perch
ROUTE: east on Highway 28A, north through Glendon to Truman, 48 km north on Forestry Road

SHEMELUK LAKE: rainbows
ROUTE: 5 km east from Smoky Lake on Highway 28, 10 km north, turn left at T-intersection, 15 km west

SPENCER LAKE: pike, walleye, whitefish, perch
ROUTE: no road access, snowmobilers can travel across Seibert Lake

SQUARE LAKE: pike, perch
ROUTE: Highway 868 north of Lac La Biche town to Highway 858 junction, 2 km east

STONY LAKE: pike, perch
ROUTE: 13 km west of Elk Point

THIN LAKE: pike, perch, whitefish
ROUTE: 6 km east, 3 km north of Beacon Corner on Highway 28A

WAYETENAW LAKE: pike, perch
ROUTE: 2 km south, 2 km east of Whitefish Lake

WHITEFISH LAKE: pike, walleye, whitefish, perch
ROUTE: 6 km east of Vilina on Highway 28, 27 km north

WHITNEY LAKE: pike, perch
ROUTE: 4 km east, 4 km southeast of Riverview on Highway 646

WINNEFRED LAKE: pike, walleye, trout
ROUTE: 25 km southeast of Conklin

WOLF LAKE: pike, walleye, perch, whitefish

ROUTE: 45 km north to La Cory, 16 km west on Highway 55, 11 km north, 3 km west, 17 km north

TOUCHWOOD LAKE: perch, pike, walleye, whitefish
ROUTE: 46 km northeast from Lac La Biche

TUCKER LAKE: pike, perch, whitefish
ROUTE: 19 km north to La Cory, 2 km further north, 1.5 km east, 7 km northeast to lake

VINCENT LAKE: pike, walleye, perch
ROUTE: 3 km south of St. Vincent on Highway 881, 3 km west



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Keep on Footin'

The Lakeland Barefoot Association based out of St. Paul is geared up for another season of skiing - with and without skis. A strong contingent of barefooters continue to make a splash on the provincial and national scenes, but even they are tempted to try other water shenanigans. Slalom skiing, kneeboarding, tubing... club members know that the water at Lac Bellevue provides a good time for a wide range of water skiing activities. They offer lessons in barefooting, of course, but are as enthusiastic about offering a "pull" to anyone with a water gizmo which requires a boat! For further information on the LBA contact Nick at 645-4836

Beautiful Westcove is
St. Paul's best-kept secret

They're notoriously bad at giving directions. Well, you take this road north and that road west and you're there. It's easy.

But St. Paulites can be forgiven for being coy. Because Westcove, the apple of their civic eye, is about as pleasant a lakeside resort as a community can hope for.

The campground and picnic area, located on the south shore of St. Vincent Lake, is "unlike anything else in the county," Glenn Zayac of the County of St. Paul says.

County planners have equipped the park with "elaborate playground equipment," including a 45-foot slide that runs from a lakeside hill onto the beach.

"All are in full view of the adults' picnic areas. Westcove also features a tennis court, beach volleyball and badminton courts, and basketball nets. There is an elaborate set of hiking trails, a boat launch, a large beach, showers, and even a baseball diamond.

The visitors include a lot of country residents — and plenty of people from other areas who are finding out about this local gem.

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Do's and Don'ts
of water skiing safety

Do:

- * Learn to water ski by taking instructions from a certified instructor.
- * Wear an approved flotation device.
- * Stay away from docks, boats, shallow areas and swimming areas.
- * Be courteous and respect the right of others.
- * Run parallel to shore and come in slowly when landing.
- * Always have an observer in the boat — it's the law.
- * Use common sense when driving for water skiing.
- * Check your equipment regularly.

Don't:

- * Ski in shallow water.
- * Ski directly into the beach or dock.
- * Put any part of your body through the bridle.
- * Ski at night.
- * Ski in congested areas.
- * Climb into boat with the motor running.
- * Ride on the gunwale or the back of the seat while driving for skiing.

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Ph. 656-2210 - Smoky Lake

Doing What Comes Naturally

Special Places 2000: The Lake Country's Natural Heritage

Special Places 2000: Alberta's Natural Heritage is a program to establish a network of landscapes that represent the environmental diversity of the province's six Natural Regions. Special Places builds on Alberta's heritage of conservation - a heritage that includes Canada's first national park and a historical commitment to the establishment of provincial parks, wilderness areas, ecological reserves and natural areas. Preservation of these areas provides the extra benefit of knowing that there are still wildland places. Visit these Special Places in the Lake Country:

Upper Mann Lake

Within the Dry Mixedwood Subregion of the Boreal Forest Natural Region, is a 400 acre (162 ha) site located about 32 km northwest of St. Paul. It includes the islands and peninsulas of Upper Mann Lake which have a wide variety of riparian features and habitats.

Bellis North

The 2,688.3 acres (1088.5 ha) of Bellis North includes numerous ponds and wetlands, several major ravines, willow shrublands, jack pine stands, vegetated sand dunes and dry meadows. This diverse area, located in the Dry Mixedwood Subregion of the Boreal Forest Natural Region, provides excellent wildlife habitat. It is an ideal spot for picking blueberries and already has interpretive trails. Bellis North is located about 16 km east of Smoky Lake.

Black Fox Island

An island in Lac La Biche, Black Fox Island has played an important role in Alberta's history. It was a refuge for the Grey Nuns and children during the Riel Rebellion, served as a historical fishing camp and contains two prehistoric pottery sites with artifacts dating to A.D. 1520.

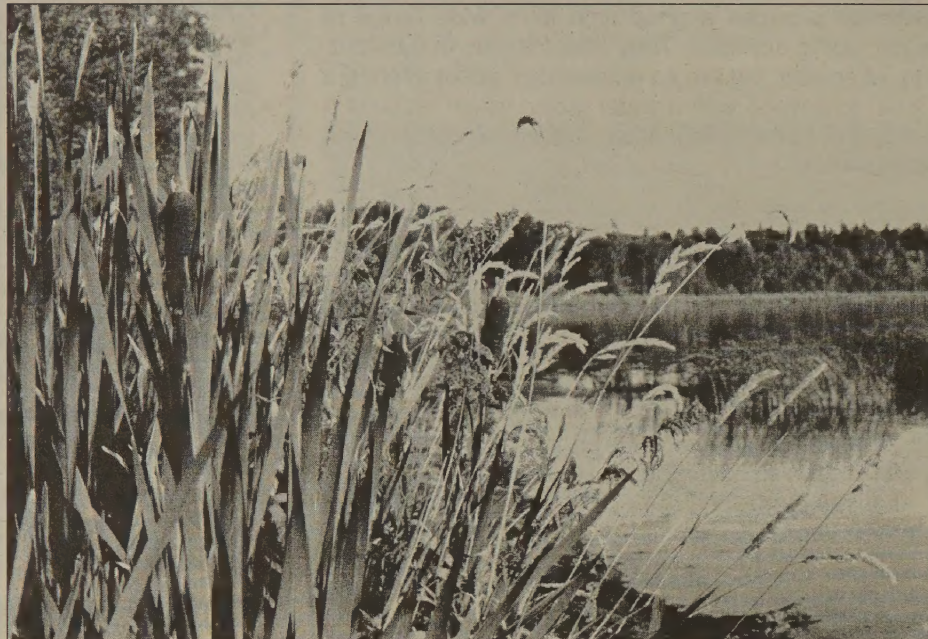


Photo: Paul-Emile Boisvert

The 32 acre (13 ha) area features grassland and a large glacial erratic and is located in the Dry Mixedwood Subregion of the Boreal Forest Natural Region. A small wetland in the centre makes a great loafing centre for waterfowl.

High Island:

High Island is a flat-topped island located a half mile

northwest of Black Fox Island in Lac La Biche. It features grasslands with scattered shrublands and may also contain important archaeological features. The 17 acre (6.9 ha) site, in the Dry Mixedwood Subregion of the Boreal Forest Natural Region, is a loafing area for white pelicans.

Cold Lake Provincial Park

Within the Central Mixedwood Boreal Forest Subregion of the Boreal Forest Natural Region, on the shores of Cold Lake, lies Cold Lake Provincial Park. The diverse marsh, swamp and shrub communities along the south shore of Cold Lake adjacent to the existing Provincial Park are habitat for numerous bird species. The 12,800 acre (51801 ha) expansion includes the largest colony of western grebes in Alberta. The north shore includes some of the finest sand beaches in Alberta. The valley of the Martineau River supports forests of spruce and pine.

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Sunday & Holidays -- 10:00 a.m. to 5:00 p.m.

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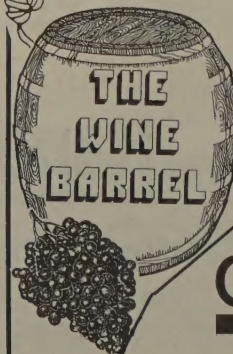
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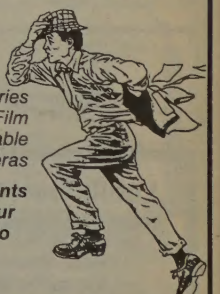
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Birding is Big in the Lake Country

The diversity and abundance of bird life in the Lakeland offers both the casual and serious birder opportunities comparable to any spot in western Canada.

In addition to local nesters, there are numerous species that pass through on their way to and from the northern forests and Arctic. In fact, nearly three quarters of Alberta's 320 bird species can be found throughout the Lake Country.

The town of St. Paul shares the shore line of Upper Therien Lake with all of the water-associated birds of the area. From the boardwalk of beautiful Lagasse Park, which runs along the shore of the lake, one can easily view Canada geese nesting in spring, as well as a host of other species. A billboard reference guide helps you to identify your sightings. A short trip to the campsite on Lower Therien, or Vincent Lake will provide an even greater variety to view. Mornings at the municipal campsite on the west shore are a great time to find some of the smaller song birds of the forest. For more information on birding in the St. Paul

area call 645-6315.

The Bonnyville Wetland Society was proud to grand-open the Jessie Lake nature facility in 1994 offering an abundance of wildlife view-

Alberta's rarest bird species are found here, such as the Whooping Crane, Osprey and Bald Eagle. At present, 8 km. of trail follow the lake, three of which are paved on

lake are two islands where concentrations of nesting ducks can be found. For more information about the area contact the Bonnyville Wetlands Society, Box 5257, Bonnyville, AB T9N 2G4.

Lakeland Provincial Park and Provincial Recreational Area, located east of Lac La Biche, provide a wealth of opportunities to both the novice and seasoned birder. Roads lead directly to Touchwood, Ironwood, Pinehurst, and Shaw Lakes,

which harbor a wide variety of waterfowl, in particular, the Common Loon, whose eerie call personifies the wilderness to many. There is also great birding at Sir Winston Churchill Park, which is located on an island near Lac La Biche. It offers trails, viewpoints, and interpretive programs which can easily be accessed by birders of all levels.

Fascinated by our feathered friends? The Lake Country is the place for you!



Red Tailed Hawk

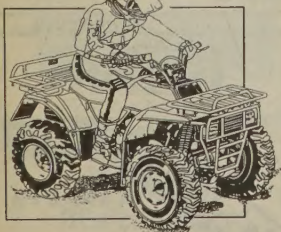
ing and photographic opportunities. Because Jessie Lake is part of a transition zone between two major regions, the Boreal forest and the northern parkland, it contains the characteristics and wildlife of both. Many of

the town side. On the south side is a 5 km. causeway and gravel trail. Two 30 foot high towers, one 15 foot tower, and four viewing platforms make for excellent viewing. Located in the southwest section of the

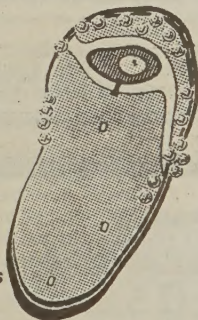
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The Town of Smoky Lake

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- * Smoky Lake Golf Course -- May 1 to October 10
- * Heritage Day Weekend -- August 5, 6 & 7
- * Smoky Lake Stampede & Dance -- August 5 & 6
- * Demolition Derby -- August 7
- * Smoky Lake Agricultural Fair -- October 7

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Stop, Look and Listen

Responsible Wildlife Viewing

Wildlife viewing demands courtesy and common sense, including respect for animals and their habitats, knowledge of local regulations, and consideration for private property and the activities of others.

Ethics for the field include the following:

- ♥ **Keep to designated trails.**
- ♥ **Be considerate of wildlife.** Observe animals from a distance THEY consider safe, avoid nesting sites, and respect resting periods. Try not to surprise or flush out wild animals.
- ♥ **Control pets.**
- ♥ **Do not approach baby animals.** Your actions may expose them to predators or prevent their parents from returning to them.
- ♥ **Be considerate of the environment.**
- ♥ **Be considerate of others.**

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FUR AND FEATHERS - Crystal and Donna Kulczycki with a kid and a wild turkey, two of the numerous furred and feathered friends which can be visited at their Petting Farm near Elk Point.

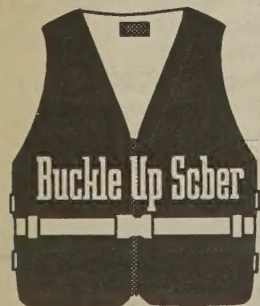
Photo: Vicky Brooker

Fun & friends down on the farm

Want to talk to the animals, walk with the animals, pet a baby goat or frolic on the lawn with cuddly puppies and kittens? Petting zoos are a great way for children to make the acquaintance of a variety of animals, and for the whole family to enjoy an afternoon in the country. Two of these are within a few minutes' drive of both St. Paul and Elk Point.

Fur and Feather Petting Farm- operated by Crystal and Donna Kulczycki, is located 15 miles east of St. Paul (or 5 miles north and 2 miles west of Elk Point) on Highway 28, then 6 miles north on Lakewood Road and one mile west. See sheep and lambs, rabbits, kittens, gerbils, guinea pigs, goats and potbelly pigs, as well as a wide range of domestic and exotic birds. Open weekends in May and June, and all week during July and August. Call 724-2006.

Stoney Lake Stables - Sue and Ron Heraid and family, have an interesting collection of animals including llamas, donkeys, potbelly pigs, flying squirrels, sugar gliders (a member of the opossum family), rabbits, hedgehogs, miniature Zebu cattle, sheep, goats, emus and domestic fowl. They are located 6 miles south of the Stoney Lake Hall turnoff on Secondary Highway 646, and are open by appointment. Call 724-2208.



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Hear the cry of the Coyote

Of all the large carnivores that you can expect to see, the coyote would be most common. Trotting through an open field, zipping across the road, the coyote is of little direct threat to humans.

In size coyotes are between the fox and the wolf - adults weighing 10 to 23 kg (22 to 50 lb). They are usually grey to reddish grey with black markings on the back and on the tail. Underparts are light. Ears are long, and the muzzle is slender and pointed. The tail is bushy, and is usually carried low and close to the hind legs.

Coyotes are usually seen alone, sometimes in pairs. They rarely hunt in packs, but occasionally several may gather at carcasses or other communal feeding sites.

Coyotes are opportunists. Rabbits and mice are the most important prey species, but the carrion of livestock and other large mammals is often the most

important food source in some area, especially in winter. Blueberries and other fruits are consumed in season.

Long considered a pest by many landowners, the coyote has survived repeated attempts to eliminate it. Today, it is still the most numerous member of the dog family in Alberta, hav-

ing been able to adapt well to many of the changes brought about by humans. Many a camper in the Lake Country will have been serenaded by its high-pitched "yips" and "yells", usually group melodies, at dusk or at night. It's all part of the great natural experience in the Lake Country.

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Getting In On The Action

Lake Country Special Events Summer 1995

June

June 2-4 Grand Centre Silver Buckle Rodeo
June 3 Beaver River Fish & Game Fish Derby
 Elk Point Happy Daze & Car Show
 Owl River Jackpot Rodeo
June 4 Venice Picnic
June 9-11 Myrnam Slowpitch Tournament
June 10 Western Walleye Derby, Moose Lake
June 10-11 Plamondon Humdinger Daze
June 23-25 Saddle Lake First Nation Pow Wow
June 30 Myrnam Canada Day Celebrations

July

July 1 Canada Day Celebrations, Cold Lake Marina
 Gold Creek Trail Ride, Vilna
 LLB Mission July 1 Celebration
July 5-9 Bonnyville Northeast Alberta Summer Games
July 7-9 Bonnyville Beach Bash
July 8-9 Stoney Lake Stampede
 Whitney Lake Rodeo
July 14-16 Cold Lake First Nations Treaty Days
July 21 Mallaig Opry
July 22-23 Mallaig Days
July 29-30 Cold Lake Aqua Days
July 29-31 Cultural Rendezvous 95, LLB Mission School Reunion

August

Aug. 4-6 Cold Lake Aqua Days
Aug. 5-6 Myrnam Ag. Society Fair & Fun Days
 Smoky Lake Rodeo
 Beaver Lake Fish Derby
 Lac La Biche Pow-Wow
Aug. 4-7 LLB Heritage Days & Fish Derby
Aug. 6 Desperado Sailboat Race
Aug. 7 Demolition Derby, Smoky Lake
Aug. 10-11 Elk Point Agricultural Fair
Aug. 12-13 Willingdon & District Fair & Rodeo
Aug. 12 Glendon Agricultural Fair
Aug. 18-20 Grand Centre Agricultural Society Fall Fair & Trade Show
Aug. 19 Vilna Agricultural Fair
Aug. 19-21 Two Hills Lions Rodeo & Ag. Show

September

Sept. 2 Glendon Perogy Festival
Sept. 8 Andy Zwarich Soap box Derby,
 42 Radar Site, Grand Centre
Sept. 9 Freedom of the Town Military Parade,
 Grand Centre
Sept. 17 Terry Fox Run



Photo: Bruce Campbell

Saddle Lake First Nation Pow Wow Action

Revisit the Happy Daze at Elk Point's auto show

Elk Point is going to be rocking on Saturday, June 3, when the whole town takes on a 1950s theme for the Happy Daze Classic Car Show.

This year, instead of holding their show in the arena, the owners of memorable muscle cars and venerable antique vehicles will be parking them up and down the blocked-off Main Street, where they will become the focus of an afternoon of fun with a '50s feel.

Live entertainment, music of the '50s and '60s, a Fonzie look-alike contest and a jive contest are on the program, and the merchants will welcome everyone to town with sidewalk sales. All this, and you get to vote for your favorite cars, as well.

Mark your calendars, everyone - you don't want to miss this trip back in time!

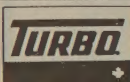
Lakeland Rodeo Association Rodeo Schedule 1995

Here, in an handy chart that you can clip, save and stick to your saddle horn, is a list of the summer's LRA dust-ups. Get on your boots and scoot down to the one nearest you:

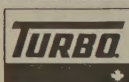
May 20-21:
 High Prairie, Czar
May 26-28:
 St. Albert
May 27-28:
 Tofield, Vermilion
June 3-4:
 Grand Centre, Saddle Lk.
June 10-11:
 Drayton Valley
June 16-17:
 Killam
June 17-18:
 Cloverlodge
July 1-2:
 Thorhild, Goodfish Lake
July 8-9:
 Hardisty, Stoney Lake,
 Whitney Lake
July 15-16:
 Sandy Landing, Hairy Hill
July 28-29:
 Lamont
July 28-30:
 Provost
August 5-6:
 Smoky Lake
August 12-13:
 Willingdon
August 19-20:
 Two Hills, Boyle
Aug 31-Sept. 3:
 LRA Finals Rodeo -
 St. Paul

Lakeland Rodeo Finals
"Showdown '95"
August 31 -
September 3, 1995
St. Paul, Alberta

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 * Unleaded * Supreme * Diesel Fuels * Fishing Supplies *
 * Fishing Licenses * Live Bait * Confections & Snacks *

See Dave, Alice and Staff for Fast & Friendly Service on Highway 41, Elk Point

Phone 724-4200

Hilltop Cafe

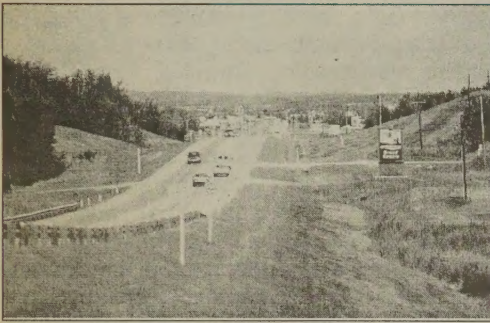
Come try our great food and enjoy the view from the top of the hill in Elk Point

Highway 41 North

Phone 724-2601 Elk Point



What They're Telling Us..... INDOOR / OUTDOOR The Perfect Combination



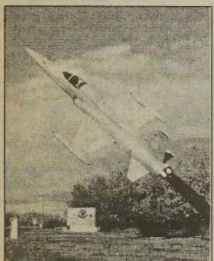
Entrance to the Tritown.
Cold Lake - Grand Centre - Medley



Main Street - Grand Centre
Stores & fun for everyone



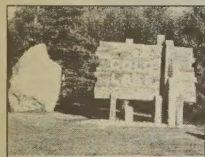
Freedom of the Town Parade



Home of 4-Wing Cold
Lake. Canada's Largest
Fighter Base



Cold Lake - 480 square
Kilometers of deep, clear
water - Great for Sailing!



Cold Lake Provincial
Park: a Special Places
2000. One of Alberta's
best birding spots.

Indoor / Outdoor

Hotels/Motels
Convention Facilities
Movie Theatre
Art Galleries
Local Crafts
Indoor Golf
Climbing Walls
Bowling
Squash & Racquetball
Fine Dining
Fast Food
B & B's
Shopping
Roller Skating
Local Artist Studios
Farmers' Market
Library Activities

Sunbathing
Sailing
Camping
Canoeing
Fishing
Hiking
Biking
Birding
Swimming
Water Skiing
Boat Charters
Berry Picking
Fireworks
Parades, Rodeo
Picnics
Go-Carts
Golf

Discover For Yourself

COLD LAKE - GRAND CENTRE

1-800-840-6140

WHAT'S HAPPENING?

June 2-4

Grand Centre Silver Buckle
Stampede

June 17-18
July 1

Palm Springs Ladies' Open
Canada Day Celebrations- Cold
Lake Marina

July 5-9

Bonnyville Northeast Alberta
Summer Games

July 7-9
July 14-16

Bonnyville Beach Bash
Cold Lake First Nations Treaty
Days

July 22-23
July 23
July 29

Palm Springs Men's Open
Grand Centre Ladies' Open
Tri Town Wandering Club, 2-10

July 29 - 30
August 12-13
August 18-20

Late August or Early September Grand Centre
Ag. Society Bulloroma

September 8

Andy Zwarich Soap Box Derby,
42 Radar Site - Grand Centre

September 9

Freedom of the Town Military
Parade - Grand Centre

September 17

Terry Fox Run

km Guided Walks
Cold Lake Aqua Days
Grand Centre Men's Open
Grand Centre Ag. Society Fall
Fair & Trade Show



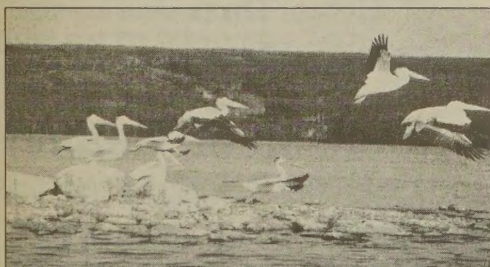
New & Improved Business
Revitalization Zone Grand
Centre Main Street.



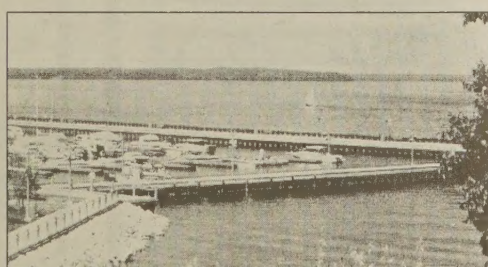
Cold Lake has the most
species of fish of any lake in
Alberta: 22 including our
famous lake trout



Palm Springs Golf
Course & Grand Centre
Golf & Country Club chal-
lenge the best.



Pelican Rock with Kinsoo Ski Ridge in the background



Largest Inland Marina in Western Canada - 255 berths

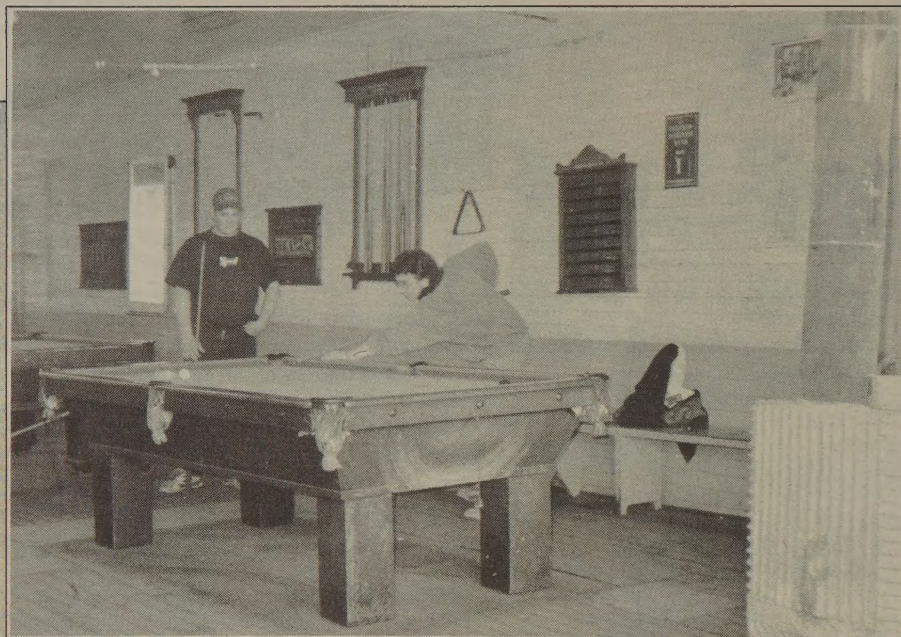


35% of Alberta's Class A beaches are on the Cold Lake
shores

DISCOVER FOR YOURSELF COLD LAKE - GRAND CENTRE 1-800-840-6140

COLD LAKE - GRAND CENTRE ECONOMIC DEVELOPMENT & TOURISM COMMISSION

Spend Some Time



JUST LIKE MY DADDY DID - Step into the past when you open the door into the Vilna Pool Hall and Barber Shop on main street, Vilna. It boasts of being Alberta's oldest operating original facility of its type. The oiled hardwood floors, antique cue holders and barber's chair are worth seeing. Make your next stop in Vilna the world's largest mushrooms, just off main street.

Countrylane memories

Countrylane Gifts and Antiques, on Main Street in Smoky Lake, is a must-visit place for lovers of the past. The shop specializes in high-quality antiques of early Canadiana, and Victorian periods, and Ukrainian primitive furniture. It also offers new gifts in an old-fashioned style.

The shop which houses Countrylane Gifts and Antiques is a historic stop in itself. It is one of the oldest buildings in the town, originally owned by the first doctor. Proprietors Pat and Steve Macri carefully brought it back to its original character, uncovering the original wainscoting, the

pharmacy shelves, and other bits of the past.

Jewelry, hats, dresses, aprons, 100-year-old christening gown and pantaloons, dishes, furniture of Ukrainian Primitive, early Canadiana, and English styles, paintings, photographs — all these make fascinating browsing.

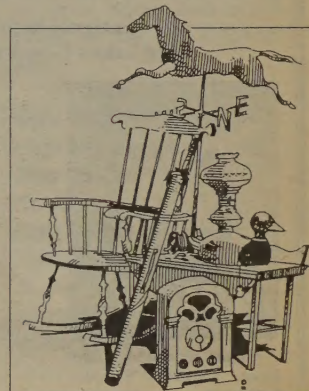


Photo: Oli Megley

Johnson OUTBOARDS

AUTHORIZED OMC SERVICE
It's Tune-up Time!

Have your Johnson or Evinrude outboard serviced in our Authorized OMC Service Department with genuine OMC parts.

All motors require periodic servicing to ensure trouble-free performance. Have your motor checked now so you can make the most of the sunny weekends ahead.

Our factory-trained mechanic will:

- Check ignition system
- Check and adjust carburetor
- Check filter, clean fuel bowl
- Check cylinder head
- Check lower unit and refill
- Check propeller and RPM
- Check fuel systems
- Flush cooling system
- Lubricate completely

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MOTORS — ST. PAUL 645-4414

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TRAILERS

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HOT EATS COOL TREATS

Summer Hours:
6:00 a.m. to 11:00 p.m.
Fri. & Sat. - 6:00 a.m. to 12:00 Midnight

**** Drive Thru**
**** Daily Specials**

Full Meal Deals
Receive Sundaes Free with Full Meal Deals

Royal Treats

We Treat You Right®

St. Paul Dairy Queen - 645-5726
4233 - 50 AVE. [MAIN STREET]

Visa

Photo: Vicky Brooker



In Days of Olde

The past is alive and well in Elk Point, where Barb Croteau has created a delightful replica of years gone by at her gift and antique shop, "In Days of Olde." Located at 4926-50 Avenue, just east of Main Street, this cozy cottage brings recollections of Grandma's house, with its antique furnishings, knick-knacks and exquisite needlework.

Browse among the excellent selection of crafts, from woodenware to hand-made dolls to beeswax candles and a unique line of greeting cards by local crafter.

"In Days of Olde" is also becoming a popular spot to meet with friends for coffee or tea, a muffin and some good conservation amongst the surroundings of yesteryear.

Farmers' Markets

Elk Point
Friday, 11 am-3 pm.
United Church Hall
Lois 724-3823,

Grand Centre
Thursday, 4-6:30 pm.
Grand Centre Arena
Mildred 594-3956

Lac La Biche
Friday, 3:30-5:30 pm.
Recreation Centre
Frieda 623-4768

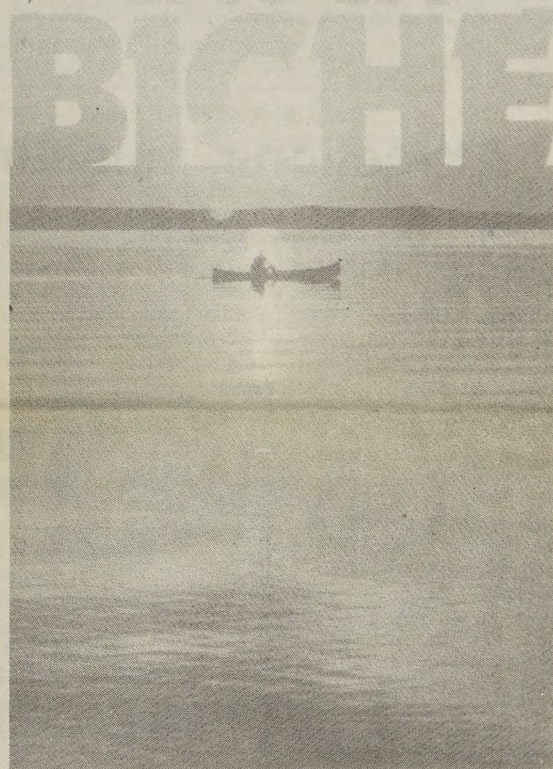
Saddle Lake
Friday, 9 am - 4 pm.
Saddle Lake Arena

St. Paul
Friday, 9 am-1 pm.
Recreation Centre.
645-2518

Spedden
Friday, 5-8 pm,
June 30 - Sept. 1.
Spedden Hall.
Mary 636-3635

Vilna
Saturday, 1-3 pm.
Vilna Agriplex
Maryon 636-2746

Visit



Pow Wow Days

August

4 - 5 - 6 - 7, 1995

For more information contact Jim 623-2073.

Lac La Biche
Sir Winston Churchill Park

**GATEWAY TO THE
LAKELAND PARK**

Alberta's Newest Provincial Park - Lakeland Park

Bellis Heritage Shoppe

One of the best collections of curios and antiques in the region can be found at the Heritage Corner Shoppe in Bellis just off Highway 28, between Vilna and Smoky Lake.

Located in the 1923 vintage flat-iron Bellis Hotel/Rooming house, the shop offers hours of browsing possibilities through rooms full of collectibles and memorabilia.

With the exception of artifacts from the hotel building itself, almost everything is for sale.

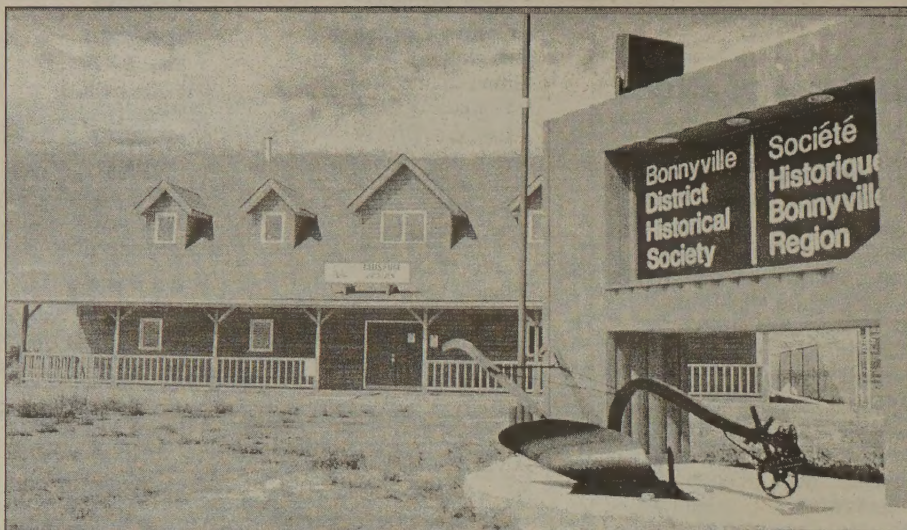
The collection includes toys, tools, dishware, utensils, posters, calendars, clocks, crocks and farm machinery to mention only a few.

A friendly welcome from Jim and Eva Farmer makes the Heritage Corner Shoppe in Bellis a must-see stop on your visit to the Lakeland.

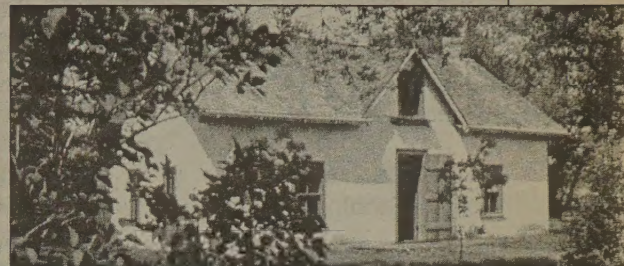
Hours are 9:30 to 5:30, Monday to Saturday. Phone 636-3930.



Taking In The Sights



Bonnyville Museum - 1991



Victoria Settlement - 1862

Attractions, Museums & Sites

Cold Lake

Kinosoo Totem Poles: End of Hwy 28 overlooking shores of cold Lake.

Dewberry - Dewberry Valley Museum. One of the best collections of early trading materials in the province.

Elk Point

100 Foot Historical Mural: In a small park four blocks west of Hwy. 41 on 50 Ave.

Peter Fidler Statue: On Hwy 42, on north side of town.

Fort George / Buckingham House Museum (see p.17)

Frog Lake

Native unrest due to starvation and news of rebellion in Saskatchewan, stirred an attack at the Hudson Bay settlement there. A plaque on a cairn commemorating those killed is erected on the site.

Glendon

World's largest pyrography. In center of town.

Grande Center - Little Rock Museum. This repository is brimming with native, Metis, military and pioneer items from as early as 1800. Also look into the antique cars section, and fully equipped blacksmith shop.

Lac La Biche

Trading Post history sign in honor of the establishment of trading posts on Red Deer's Lake (now Lac La Biche), and Beaver Lake, in the late 1700s.

Mrynam

Provincial cairn of Fort de l' Isle (Island Post) on Fort Island in the North Saskatchewan River where it meets the Slawa Creek.

Plamondon - Plamondon's first church houses the museum. Features are old trapping artifacts, religious and historical items.

Saddle Lake - Manitou Kehiw

Centre. One of the province's most fascinating repositories of native artifacts and cultural items.

Smoky Lake

*Provincial cairn nine miles south marking Victoria Post,

opened in 1864.

*History sign on Hwy 28 near Smoky Lake, detailing the Mission seven miles south at Pakan

Smoky Lake "country school" museum. (Cont. on pg. 17)



LAKELAND MEAT PROCESSORS

See Ralph, Claire and Staff for all Your Barbecue & Lakeside Meat Needs.

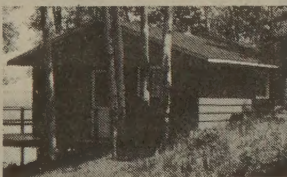
Specializing in Steaks, Kuby Burgers, Beef Burgers, Garlic Sausage

Just east of Hwy. 41 on Sec. 646, Elk Point

Phone 724-2800

Spend Summer at the Lake

LAKEFRONT CEDAR CABIN -- Muriel Lake is the perfect setting for this cedar cabin with 8'x30' deck. Offers clean water disposal, electric stove, curtains, some furniture, fire pit, camp stoves and 2 picnic tables. Launch your boat from your own boat lift or pier which is included in the price. **Reduced to \$45,000.**



MURIEL LAKE COTTAGE -- Bring your swimsuit and move right into this West Beach lake front 3 bedroom cottage c/w propane heating and water and sewer system. Enjoy the 848 sq. ft. of patio on 3 sides and the sandy beach. Cottage c/w appliances, drapes and most furniture. **A great deal at \$46,000.**



LAKE LOT

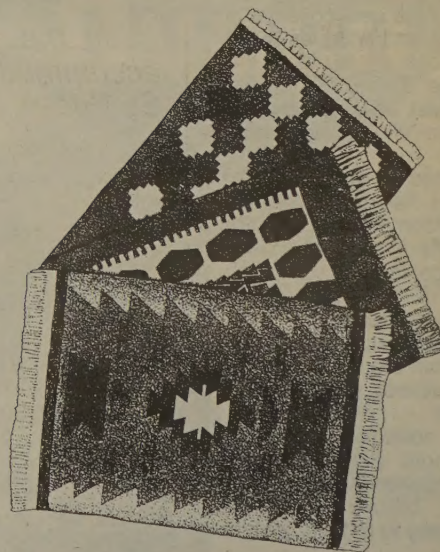
Lake front lot at Muriel Lake, 75' frontage, with sandy beach and bordered by a seasonal creek. Priced to sell.

ELK POINT INSURANCE & REALTY LTD.

Phone 724-3926 -- Elk Point, Alberta

CREE-ATIONS WEAVING CO.

Beautiful Machine Washable Area Rugs Hand Woven by Native Women of the Kehewin Reserve

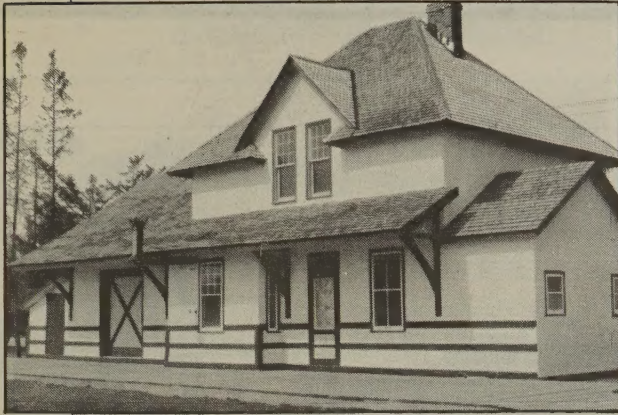


Hours:

Monday to Friday -- 8:30 a.m. to 4:30 p.m.

Located 2 kms off Hwy. 28 in Kehewin Townsite

For more info. ph. 826-4640



Smoky Lake Tourist Information Center

Attractions, Museums & Sites

(Cont. from pg. 16)

establishment of the Victoria Mission seven miles south at Pakan.

Spedden

Provincial cairn honoring Rev. H. B. Steinhauer, a full-blooded Ojibway missionary who came to the area in 1840, is located at Whitefish Lake, north of Spedden.

St. Paul

*U.F.O. Landing Pad: First and only landing pad in the world. It was one of many projects which earned the town the distinction of being Canada's Centennial Center. Main street west end of town.

*U.F.O.: Recently constructed next to land-

ing pad. Houses tourist information center.

*St. Paul des Cris: History sign on Highway 36 at Brousseau honoring the location where, in 1865, Father Lacombe founded the Mission of St. Paul des Cris.

*St. Paul des Metis: Provincial cairn marking the area obtained by Father Lacombe for a Metis colony in 1895.

Vilna

World's largest mushrooms. Located in a park east of main street. Near hospital.

Willington

The Shandro Pioneer Museum is a hamlet of original historic structures depicting the early life of the farming pioneers in the area.

Historic sites spell fun this summer

Plan to step back into the past this summer, and enjoy some of the events planned for our area's two provincial historic sites, Victoria Settlement near Smoky Lake and Fort George/Buckingham House Interpretive Centre, south east of Elk Point. Both sites are now open for the summer, and will be open 10 a.m. to 6 p.m. daily until Labor Day.

VICTORIA SETTLEMENT

Victoria Settlement is honoring its namesake with a **Victorian Tea** on Sunday, May 21 from noon to 6 p.m., which will show you how ladies in the settlement's heyday preserved an air of Victorian elegance in the wilds of Canada's frontier.

Looking ahead to Father's Day, June 18 has a **Family Fair** in store, with "My Dad" stories, fun and games for the whole family to enjoy from noon to 6 p.m.

The Best of the West - Honoring our Past is slated for July 15 and 16. There will be talent shows both Saturday and Sunday from noon to 5 p.m. and a dinner and dance Saturday evening from 5 to 11 p.m.

The Fort Victoria wagon train will be pulling in to the settlement on Friday, August 18 for **Fort Victoria Days**. Both Saturday and Sunday start early with pancake breakfasts, and the fun goes all day long.

The season winds up with a **Farewell to Summer** on September 3, with a brunch from noon to 2 p.m., featuring pancakes and wildberry preserves, and other activities planned for the afternoon.

FORT GEORGE / BUCKINGHAM HOUSE

This summer's focus for the twin fur trade forts will be on workshops which will give visitors an opportunity to try their hand at a number of fur trade activities. Black powder musketry, trapping, leather work, crafts such as beads and weaving, and even fur trade cooking will be among the workshop topics.

A major highlight at the Interpretive Centre is the three part display on loan from the Glenbow Museum in Calgary. Entitled "A Wealth of Adornment," it is a spectacular display of native history and artifacts. Call Fort George / Buckingham House at 724-2611 for more information.



We are sure as you drive through our County, you will enjoy the beautiful scenery.

If you need some help to get to the places we mentioned, please feel free to drop into our office and our staff will be able to guide you in the right direction or phone our office at 645-3301.

5015-49 Ave. - St. Paul

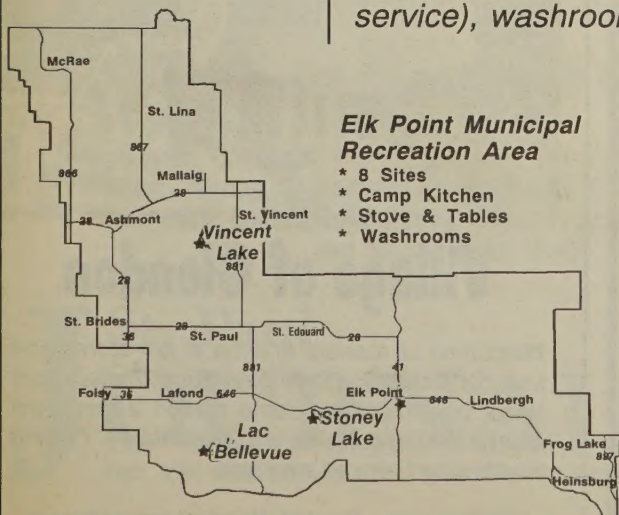
County of St. Paul

In the County of St. Paul, there are various small hamlets that can accommodate tourists, namely Mallaig, Ashmont, Lottie Lake, St. Vincent, St. Brides, Lafond, Heinsburg, Lindbergh, St. Lina and St. Edouard.

There are also many great lakes for fishing, swimming, water skiing and many other outdoor activities in the area.

We have four Municipal Recreation Parks in our County, which are enjoyed by many. These are the Stoney Lake Pioneer Park, Lac Bellevue Park, Westcove Municipal Park (Vincent Lake) and Elk Point Park.

Westcove Park sports large private campsites (13 with electrical service), washroom facilities and an extensive playground set up.



Elk Point Municipal Recreation Area

- * 8 Sites
- * Camp Kitchen
- * Stove & Tables
- * Washrooms

Westcove

- * 24 Sites - 13 Sites Have Power
- * Shower Facility
- * Elaborate Playground Structure - c/w a 45' Slide
- * Enormous Beach
- * Beach Volleyball
- * Tennis Court & Basketball Nets
- * Large Gazebo and Group Use Area Are Rentable For Your Special Event
- * Elaborate Network of Hiking Trails
- * Ball Diamond
- * Boat Launch
- * Fee For Camping
- * Tenting Areas
- * Beautiful Day-Use Area
- * Basketball & Tennis Equipment Rental
- * Sewage Disposal
- * Perch, Walleye and Northern Pike For Your Fishing Pleasure
- * For Reservations Call 645-6688

FACILITIES:

Stoney Lake

- * 24 Stalls - No Electricity
- * Beach Area
- * Playground Equipment
- * Group Use Area
- * Outdoor Bandshell For Your Special Event
- * Day-Use Area
- * Boat Launch
- * Sewage Disposal
- * Tenting Area
- * Hiking Trails
- * Fee For Camping
- * Northern Pike and Perch
- * For Reservations Call 724-2381

Three parks have a Park Attendant on staff. We also rent large tents for your special event. For additional information call the County Office at 645-3301.

Lac Bellevue

- * 12 Stalls - No Electricity
- * Gigantic Beach
- * Beach Volleyball
- * Elaborate Playground Apparatus
- * Group Use Areas
- * Day-Use Area With Gazebo
- * Tenting Area
- * Boat Launch
- * Fee For Camping
- * Tenting Area
- * Perch, Walleye and Northern Pike
- * For Reservations Call 645-2639

Wild, Wild West

Rollin', Rollin', Rollin'

Horses poised for flight at the barrels... flying down the straightaway... and bunching up for the home stretch drive... It's racing action at its best as the chuckwagons start to roll for another year.

The 1995 lineup of race meets in this area for the Canadian Professional Chuckwagon Association, formerly the Northern Professional Chuckwagon Association, is as follows:

May 27 - 28: Vermilion, AB

June 3, 4: Saddle Lake, AB, 6:00 p.m. each day

June 17, 18: Dewberry, AB, Sat. 7 p.m., Sun. 2 p.m.

June 24, 25: Wainwright, AB, times TBA

June 30, July 1, 2, 3: Meadow Lake, SK, 7 p.m. daily

August 17, 18, 19, 20: Lloydminster, SK/AB, Finals, Thurs. - Sat. 6:30, Sun. 2 p.m.



WAGONS IN A CIRCLE - Taking a break after a long day on the trail are Roy Scott from Lindburgh, and Marjorie Robenson from Hamlin.

Photo: Vicki Brooker

Riding off into the Sunset in Lake Country

The Gold Creek Riding and Roping Club first rode into "town" in 1993. It was the brain child of a group of horse owners who wanted an activity that would involve the whole family, their horses and the great outdoors. That summer they constructed an outdoor arena. Since then, it has grown into a very active club. Weather permitting, Gold Creekers have a wide range of activities planned from May through August including the following: Roping - Tuesdays, 7:00 pm. Get in on the round-robin jack-pot every fourth Tuesday. Call 636-3410. Team Penning - 1st and 3rd Friday of every month. Second Friday is jack-pot penning. Call 636-2297. Gymkana - 2nd and 4th Sunday of every month, 11:00 am. Call 636-2338. Horseridership - 3rd Sunday of every month. Call 636-3410. **Special Events** - May 20, 1995: Poker Rally, 15 miles. Call 636-2116; and Trail Ride, July 1 & 2. Call 645-6929.

The Smoky Lake Riding Club is small in numbers at this time, but big in enthusiasm and drive. President Wally Holowaychuk has seen to it that the club has a great new facility for their rodeo which takes place on August 5 and 6. This year the club has added a new building to house a concession and public washrooms. The club will hold its annual

Cancer Ride on May 14. So saddle up your horse, get your pledges and ride to help find a cure for cancer. For information call Wally Holowaychuk at 656-4384. St. Paul is a virtual hotbed of activity for western equine activity. Could it be that the proliferation of rodeos in the

area have provided inspiration to the locals? The following is a list of contacts for western riding activities in the area: Roping - Randy Bailey 645-1852, Andy Jubinville. Gymkana - Debbie Joly 654-5896, Janice Wanchuk 645-5691. Barrel Racing - Debbie

McKenzie 645-5594, Dona Lilje 635-2612. On June 9 the St. Paul Light Horse Club will host their **Annual Achievement Day**. The

very popular event can be enjoyed by horse lovers of all ages. Contact Marlene Labrie 645-5410.

Visit the Bonnyville & District Museum / Musée



4401-54 Ave., Bonnyville, AB.
T9N 2H4

Phone (403) 826-4925
Open May 18 - September 4



New in the Boyne Lake Community Boyne Lake General Store Ltd.

Located off Hwy. 28 - 7 miles north on
Sec. Road 866 between Ashmont & Spedden

* Eat In or Take Out Fast Foods *

Chicken, Ribs, Pizza, Corn Dogs, Hotdogs, Kuby on a Bun, Subs, Sandwiches, Soft Pretzels, Pyrogies, Nachos and Cheese, Popcorn, 8 Flavored Ice Cream.

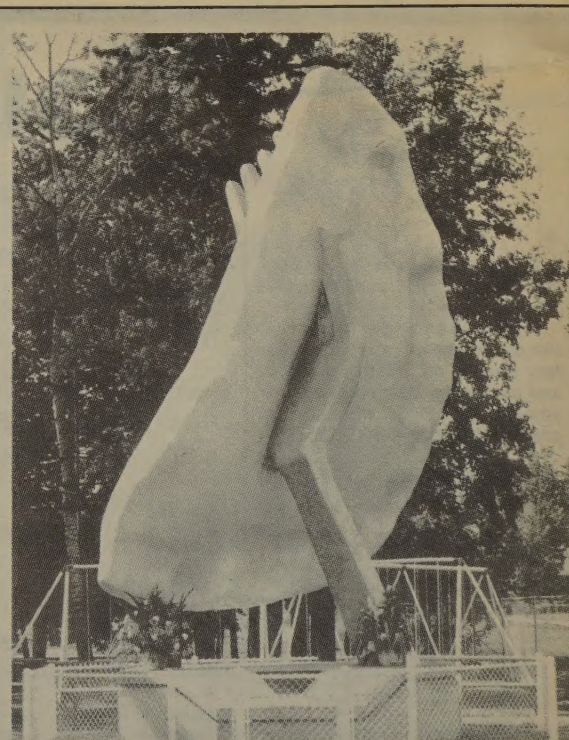
* For Your Convenience *

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Ph. 403-726-3222; Fax 403-726-4120

Proprietors: Russ & Pat Galas

Call us - we will have your order
ready when you arrive.



Village of Glendon

Welcomes all tourists to shop at our stores and use our facilities as we have lots to offer, from trailer park facilities (dump station within town limits), fishing supplies and restaurants. Fishing and trophy licenses available.

Visit Glendon -- See the World's Largest Pyrogy

Staying Over



Quiet country hospitality at Taylor Bison

If an award could be given for "Best New B & B in the Lake Country", Taylor Bison Bed and Breakfast would be sure to win. Tucked away in the rolling hills between St. Paul and Elk Point, surrounded by lakes and trees, and yet only ten minutes away from St. Paul on paved roads for the most part, Taylor Bison is perfect for a getaway into the peace and quiet of the country.

The spacious second-story deck of an approximately 4000 sq. ft. ranch-style bungalow set into a hill is the first thing to catch your eye as you drive up. And on many days the view is made even more spectacular with the buffalo grazing on the hill which overlooks the house.

Two rooms are available for occupancy. The first, on the upper level, is a large suite with a queen size bed, hide-a-bed with sitting area, and full private bath facilities. The second, which is on the ground floor, has two twin beds, and an adjacent bathroom. It is just around the corner from the guest lounge which boasts satellite TV and guest refrigerator. A highlight of this floor is the cedar-lined hot tub room, complete with six person hot tub. The plant-filled room has floor-to-ceiling windows, allowing for a quaint view of one of the original log buildings built on the property.

For guest who needs to conduct business during their stay, there are office

facilities available including a fax machine and photocopier.

Although Taylor Bison Bed and Breakfast is within easy proximity of some of this area's most interesting attractions (golf courses, Ft. George/Buckingham House, etc.) you really would not have to go far to thoroughly enjoy your stay. There are a series of great walks around the property which are sure to bring out your "holiday calm".

Perhaps the greatest enjoyment of all is the welcome shown to you by owners Don and Bev Taylor, who continue to pour their efforts into this adult-oriented facility in the heart of the Lake Country.

A step in a quieter world

Just 8 miles north of Smoky Lake is a special retreat from the pressures of our modern world, the Countrylane Bed and Breakfast. A turn of the century Victorian-style farm house was moved to the site by Pat and Steve Macri in 1980. They carefully restored it to maintain the character and integrity of the building.

The tea room where High Tea is served is a bright, cheerful spot, lit with sunlight from the amber windows salvaged from an Anglican Church in Edmonton, and furnished with early Canadiana, Victorian and Ukrainian primitive pieces. Everywhere are lovely antique pieces which evoke the grace and beauty of the past.

Countrylane Bed and Breakfast has acres of land for hikes, nature watching, berry picking. Close to Hanmore Lake, there are beaches for swimming, and opportunities for boating and fishing. Ph: 656-2277/4070

A charming harbor on the lake

Looking for a quieter harbor at which to dock after a hectic work week? The Harbor House Bed and Breakfast Inn in Cold Lake may be just the spot. The beautiful inn on the lakeshore is one of Cold Lake's great attractions. Eleven uniquely decorated rooms offer guests outstanding accommodations, including a room with a private bath and a fireplace. The inn features a charming tea room which is open every evening except Sunday.

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Provincial Parks in the Lake Country

Cold Lake Provincial Park

Straddling the border between Alberta and Saskatchewan, Cold Lake is one of the largest lakes in the province. Cold Lake Provincial Park is located on a wooded peninsula that juts into the southern end of the lake.

Campsites are secluded, shielded from view by shady trees. The campground has electric hook-ups and showers.

The deep, cold lake offers some of the best fishing of any provincial parks in the province, and wildlife abounds on its shores. Observation platforms have been built for birding for any of the more than 200 species of birds that dwell in the park.



Garner Lake Provincial Park

A magnificent hilltop view of the lake is the first thing to greet visitors to Garner Lake Provincial Park. Open May 1 to Thanksgiving for camping, it is the first of the major parks that one encounters when entering the Lake Country from the west along highway 28. Garner Lake will whet the fisherman's appetite while the recreational facilities and natural setting will keep all members of the family amused and entertained. A Friday evening stop for a platter of traditional Ukrainian food at the Farmer's Market in the Spedden Hall in Spedden on the way to the park is sure to satisfy the heartiest of appetites, and set the stage for a great stay.

Lakeland Provincial Park and Recreation Area

Alberta's newest provincial park, Lakeland together with the recreation area encompasses nearly 60,000 hectares (146,000 acres) of wilderness. This area abounds with birds, wildlife amidst glacial lakes, long, sandy beaches, marshlands, and Boreal forest. While most of the park remains in its natural wilderness state, there are areas for camping, picnicking, boating and swimming at four campgrounds in the recreation area. They are located at Pinehurst, Touchwood, Siebert and Ironwood Lakes.



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Long Lake Provincial Park

Long Lake is a 764 hectare park for vacationers bent for the outdoors. It is a great place to enjoy a wide range of recreational activities. The campground stretches along cool, clean Long Lake and boasts 220 sites-57 equipped with electricity - plus flush toilets and showers. Swimming and fishing are great; boat rentals are available. For those who prefer land endeavors, there is a nine hole golf course just south of the park. Another park highlight is the lakeside trail which hugs the shore and provides a good view of the lake.

Sir Winston Churchill Provincial Park

A real jewel in the Lake Country is Sir Winston Churchill Provincial Park situated just outside the town of Lac La Biche. A causeway links the mainland to the island park, which offers some of the most picturesque scenery in the Lake Country. Sandy beaches fringe the 8 km of shoreline, and a thick canopy of giant white spruce trees shades most of the park and lush mosses which carpet the floor. The park is a delight for naturalists and birders. The Boardwalk Trail, a short, self-guided walk around the island is one of the park's most outstanding features.

Whitney Lakes Provincial Park

Whitney Lake Provincial Park is an intriguing mosaic of landforms. Remnants of the Ice Age, eskers and kettle formations, are among the diverse landforms within the park. Marshes and meadows, forests and lakes, aspen groves and thickets attract a recorded 143 species of birds and a significant variety of other wildlife. Nature trails ramble through stands of jack pine and spruce near Whitney Lake, and others skirt the shores of Laurier and Borden Lakes. At Ross Lake signs mark the interpretative trails that winds through forest and wetlands.

Kittiwake Retreat and the Buffalo Bean Gift Shop

This cosy adult get-away is set in the rolling countryside, seven miles northwest of the Town of Smoky Lake past broad fields of canola and wheat. The heart of Kittiwake is an intact 1911 Bukovynian log and mud house now home to the owners.

Nearby are four small guest houses, several of which are log - built by early settlers. Each guest house is uniquely decorated and has a woodstove, kerosene lamps, and own bird feeding station, bonfire pit and outhouse!

A fifth house serves as a communal centre with a modern, fully equipped kitchen, reading room and the Buffalo Bean Gift Shop.

This retreat has a zen garden, walking trails and quiet picnic areas. Ideal for artists, birders, history buffs. Or simply bring a good book or a pair of sturdy walking boots. A warm welcome awaits you.

Phone or fax: 656-3873

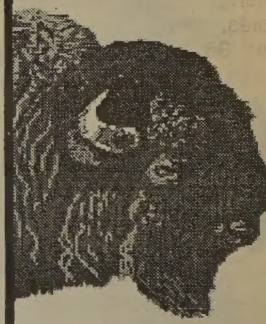
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meal or BBQ. Relax, unwind, and enjoy the pleasures of country life with the convenience of city comforts at the Inn at the Ranch.

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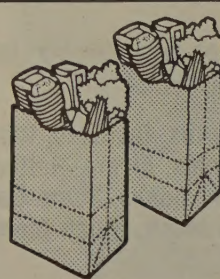
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Feet On The Ground

The Links of the Lake Country

Bonnyville Golf & Country Club

The Bonnyville Golf & Country Club are pleased to report that the course wintered well and the greens are in excellent shape. Look for a fairway bunker to be added to hole #3 some time this year. **Specs:** 18 holes; grass greens; Par 71; \$20-\$22. (403)826-4886.

Elk Point Golf & Country Club

Elk Point Golf & Country Club is in the process of putting in grass greens for this year. The irrigation is all set up, so it shouldn't be long now. **Specs:** 9 holes; existing sand greens; Par 36; \$6 all day. Ph: (403)724-3733.

Grand Centre Golf Club

1994 was a busy year for the Grand Centre Golf Club as they converted their artificial turf to real grass greens. So far the result has been "fantastic". Besides having the pleasure of putting on real greens, one can be challenged by their nine well-bunkered, championship holes. **Specs:** 9 holes; new grass greens; Par 36. \$15-\$20 for 18 holes. Ph: (403) 594-2121.

Lac La Biche Golf and Country Club

Let the pros over at the Lac La Biche Golf & Country Club get you swinging straight. If you've never held a golf club before, sign up for the beginners course commencing May 18 over 4 evenings. The club is looking forward to the construction of a covered patio to be attached to the clubhouse this year. **Specs:** 18 holes; grass greens; Par 72; \$20 for 18 holes. Ph: (403)623-4288.

Myrnam-Derwent Golf & Country Club

Lots of golf enthusiasts took advantage of this last year: spend the day golfing, then enjoy on-site overnight camping at the tent and trailer facilities provided free of charge for golfers. **Specs:** 9 holes; sand greens; Par 35 men, Par 39 ladies; \$6 for nine holes; \$10 for day. Ph: (403) 366-2190.

Palm Springs Golf Course, Medley

Check out the new tee boxes for the ladies and juniors. The Par for the ladies may change once the boxes are in. As well, some of the greens have been enlarged. **Specs:** 18 holes; grass greens; Par 72 men, Par 74 ladies; \$20 for 18 holes. Ph: (403)594-5341.

Smoky Lake Golf Course

Come visit the challenging golf course in Smoky Lake, noted for its beautiful greens and quality of course. **Specs:** 9 holes; grass greens; Par 36; \$15-\$18 for 18 holes. (403) 656-2121.

St. Paul Golf & Country Club

The St. Paul Golf & Country Club is the place to go if you're a junior golfer (under 17 years old). Aside from being a beautifully kept course with a newly renovated clubhouse, juniors get free lessons every Monday between 4:00 - 5:00 p.m. After lessons, they can play a free round of golf when accompanied by an adult.

Specs:

Nine holes; grass greens; Par 36; \$15-\$19 for 18 holes. Ph: (403)645-4077.

Strawberry Golf Course,

Heinsburg - The hamlet of Heinsburg boasts a nine hole golf course near Whitney Lakes Provincial Park.

Specs: Nine holes; sand greens. \$5.00 per day.

Two Hills Lions Golf & Country Club
Even the Edmonton Sun has

written about the Two Hills Lions Golf Course, referring to it as a "mini-Links" (Spruce Grove) and a "baby Wolf Creek" (Ponoka). The course has huge contoured traps and a putting green. **Specs:** 9 holes; grass greens; Par 35-36; \$15-\$17 for 18 holes. Ph: (403)657-3451.

(Cont. on pg. 22)



D & B



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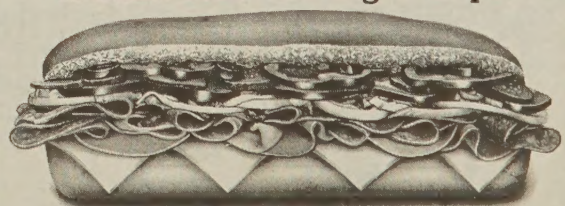
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The Links of the Lake Country



Photo: Paul-Emile Boisver

BRING YOUR CLUBS TO THE LAKE COUNTRY - A view of the third & fourth holes at the St. Paul Golf and Country Club, one of many excellent courses in the Lake Country.

(Cont. from pg. 21)

Woodland Golf Course, St. Paul

There's something for everyone at the Woodland Golf Course in St. Paul: For golfers, there's a choice of two courses: a short course with a Par 27, and a more challenging long course with a Par 35. As well, near the clubhouse are two tennis courts, a beach volleyball court and a barbecue pit. There's also a campsite located down the road from the course.

Specs: Long course - nine holes; Par 35: Short course - nine holes, Par 27: \$10 - \$14 for 18 holes. Children under 12 years can golf for \$5 a round. Ph: (403) 645-5795.

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A safari on the African Lake Trail

Developed by the Tritown Trails Society, the African Lake Trail provides a scenic link between Grand Center and Cold Lake. Covering a distance of approximately six and one half kilometers, it serves as a unique alternative for locals and visitors to travel between the two towns.

The African Lake Trail meanders through a variety of natural habitat, offering outdoor enthusiasts a chance to see a number of different species of birds and other wildlife as well as local flora and fauna. The trail is ideal for hiking, mountain biking, or cross-country skiing. It is closed to all motorized vehicles in an

attempt to preserve the natural setting as much as possible. An active and concerned group of volunteers does the trail maintenance.

Natural vegetation that you can expect to see includes balsam poplar, white spruce, prickly rose, chokecherry green alder and marsh reed grass. Birds and other

wildlife which can, in varying numbers, be seen include yellow bellies sapsuckers, downy and hairy woodpeckers, ruffed grouse, blue and grey jays, red squirrels, red fox, black bears, muskrat, white tailed deer, beaver and many others. For more information contact (403) 594-7581.

While driving through on Hwy. 28,
stop in at **Bellis, AB.** and visit

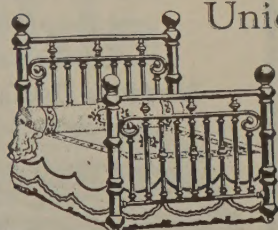
Heritage Corner Shoppe

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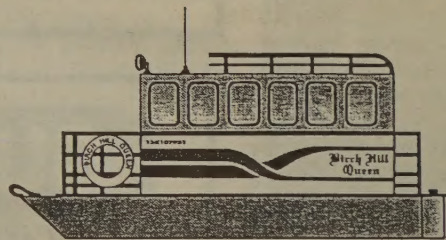
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Elk Point, Alberta, Canada

For further information contact
Vince at (403) 724-2037
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Birch Hill Queen, Boat Charter Services,
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Ah, dis volkswalken is goot

The Volkssport Association of Alberta (AVA) takes walking very seriously. It is a part of a worldwide organization dedicated to bringing people from all walks of life together for fellowship, fun and great exercise.

The International Volkssport Association (IVV), from roots in Austria, Germany and Lichtenstein, has grown to over 10 million people from 32 countries. Canada joined in 1968, and Alberta has been a member since 1987.

Memberships are \$3 per person, or \$5 per family. After completing a walk, the members buy stamps for \$2, to accumulate the kilometres walked in their \$5 passport book. One Tri-Town member, Richard Parr, has over 30,000 km to his credit. The Tri-Town Walking Club in Grand Centre has four walks planned this year, all to take place on the week end of July 29.

The first takes place at Cold Lake Provincial Park.

Registration is at the boat dock from 7:30 to 8 A.M., when the 10 km. walk is scheduled to begin. A B.B.Q. follows at 11 A.M. This walk is rated at "2" meaning that conventional strollers are not recommended due to the terrain.

The second walk begins at 1 P.M. at the Lakeland Inn in Grand Centre. Rated at "1", it is a great opportunity to gather the whole family for a relatively easy 10 km walk on the beautiful African Lake trail.

The following morning at 7 A.M. walkers gather across the border, at the rodeo grounds in Pierceland Saskatchewan, for a 10 km stroll back to Cherry Grove, Alberta. Again there will be a B.B.Q. and then an afternoon hike out of Cherry Grove.

Once in Grand Centre, the signs will lead you to the start sites and your new friends will help you on the rest of the way.

Registration includes packages with handed out with



Ride'm Cowgirl

maps, explanations and histories of the towns and region.

Contacts are Bob Seymour - 594-3958, Mike Alberti - 639-4540, Richard Parr - 826-3012 and Jim Landry - 594-1015.



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Saturday, July 8 -- Evening Performance, 6:00 p.m.

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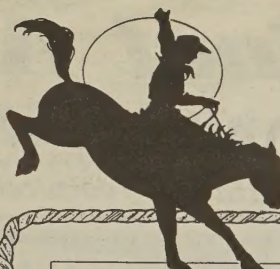
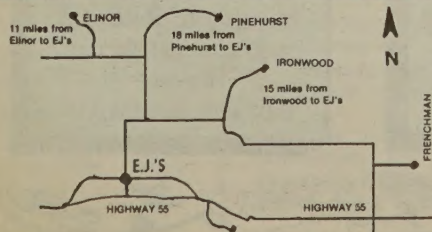
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Midnight Madness

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\$6.00 per Plate

DANCE

Saturday -- 9:00 p.m.

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Adults -- \$6.00; Children & Seniors -- \$3.00
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CAMPING

A. HOPE MILE RUN

TALENT SHOW Contact Ronald Thompson 623-2417 or 623-7868
KIDS' ENTERTAINMENT Contact Harry White 623-4384 or 623-2635

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Community Health Council ready for next step

Elk Point's fledgling Community Health Council is taking the next step toward formation.

Sid Holthe, who attended last week's public meeting of the Lakeland Regional Health Authority, said he was concerned with getting definite regulations on formation of a community health council, but was told they did not have any instructions to give him.

Holthe and the Elk Point group are anxious to get started. Other Community Health Councils are in formative stages in Lac La Biche, the tri-

town area, St. Paul and Fort Saskatchewan. "We're hoping that if enough communities organize their own health councils, that the pattern will be adopted by the Minister of Health" instead of a larger and more cumbersome body.

The local steering committee has accomplished what they could in the way of recommendations, Holthe said, and are now inviting a somewhat larger group of residents from across the area served by Elk Point Health Centre to attend a meeting June 1, at

which an agenda for a public meeting will be formulated.

June 1 will be an "information sharing session," Holthe said, and those individuals who attend will take that information home to their communities, and bring back feedback to the subsequent meeting.

Barb Kaufman, who is the coordinator of clinical/health services for the Elk Point Health Centre, says the community "needs to be aware, and start helping to determine what happens with their health care."



NEW RESTAURANT OPENS - Henry Fork is enjoying a brisk business in his newly opened M & Y Chinese and Western Restaurant, located on Main Street, Elk Point. They offer a 12-choice buffet daily as well as both Chinese and western food from their menu, and have completely redecorated their premises.

Music comes to Mural Park!

Elk Point's F. G. Miller Junior and Senior High School Bands are taking their music outdoors this week, weather permitting.

They will be holding their year-end Band Concert in the lovely surroundings of Mural Park, just west of Elk Point

Public Library, on Thursday, May 25 from 7 to 9 p.m., and everyone is welcome to bring along a lawn chair or blanket to sit on, and come and listen.

If (perish the thought!) it should rain, the concert will be held in the F. G. Miller auditorium.

Lioness report successful brunch

The Elk Point Lioness Club reports a successful Mother's Day Brunch, thanks to the large number of participants and to the local businesses and groups who helped out with the event.

Benner's Greenhouse, Meadowview Greenhouse and In Days of Olde, as well as the Lioness Club, donated door prizes, Millie's Flowers pro-

vided a beautiful display, Elk Point Seniors donated the use of their facility, the Toronto Dominion Bank and Treasury Branch donated styrofoam cups, and the Grade 10 French Class helped to cook the brunch and clear tables.

The main door prize, a large planter from Meadowview, went to Dixie Wood. Plants donated by the Lioness mem-

bers went to Verona Lea Flanders, Donna Bassett and Minnie Boos. Edith Mitchell won a fuchsia, Olga Kadutski a lemon geranium and Jackie Whiffen-Peters a mixed planter, all from Benner's, while Pearl Bepalko won a bathroom basket donated by In Days of Olde.

Hot dogs to help kids

Elk Point and district residents will have an opportunity to help youngsters across northern Alberta this Friday - just by having lunch.

The Elk Point Toronto Dominion Bank is sponsoring a hot dog sale on Friday, May 26, from 11 a.m. to 4 p.m. outside the bank, with all proceeds going toward the Children's Health Foundation.

So - splash on the mustard, add a little ketchup, and help the kids - while you eat.

LAKELAND



Regional Health
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JUNE 1, 1995**

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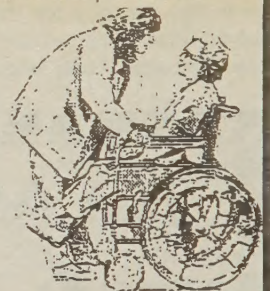
1. "Routine" Chemical Water Tests\$25.00
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Fees are payable when the required special sample containers are picked up or upon request for searches. Health unit offices are located at St. Paul, Smoky Lake, Bonnyville, Grand Centre and Elk Point.

The Elk Point Health Centre Adult Day Support and Respite Care Program

An Adult Day Support & Respite Care Program has been developed by members of the Elk Point Health Centre. This program will offer temporary care to individuals in need within our community, while providing relief support services to the caregiver. There are two beds available within the facility. The client will be provided with meals have access to the services of the health care team, recreational and social programs, and laundry facilities.

Information brochures will be available to the general public at the Health Centre. This program will be in effect by June 1, 1995. For further information please call 724-3847 - Ext. 102 or speak with your doctor or home care nurse.



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Interagency forming working committee on crisis management

IELK Point's Interagency network has now formed a working committee to identify resources currently available to families or individuals experiencing a crisis, to evaluate the response these resources would offer, to identify unmet needs and develop a situation model for response, with this work to be completed by the end of Interagency's summer break.

The committee was formed after Interagency heard a report on community based crisis intervention and stabilization services. Discussions by the fact-finding subcommittee determined that Elk Point should be aligned with St. Paul rather than Bonnyville in its crisis intervention efforts, and that the periods of time when crisis intervention is most needed should be determined.

A regional vision for the reformulation of crisis services was developed at an April 5 meeting in Smoky Lake. From this, local and regional models for crisis intervention will be developed for approval by the Regional Health Authority, with funding available in the future to implement the recommendations.

Locally, most agencies are utilizing their resources to the maximum, and it is felt that collaboration may enhance this. Working collectively,

using resources more fully, jointly developing resources to assist agencies, and providing a single response to requests would increase the effectiveness and give better service to those who need it. Together, a more complete response could be developed which would include follow-up and evaluation.

Two other subcommittees were also heard from. A meeting was scheduled to further discuss the possibilities for a youth service program, and a working committee was established to begin planning for a fall workshop entitled "Colors."

Terri Ehlert gave Interagency members a survey regarding delivery of children's services to the community, asking that they give their input prior to the next meeting, when further discussion of this important topic will take place.

Member agencies gave their customary update, with Norm Hartley reporting an upcoming Memorial Service at the United Church on the first Sunday in June, Lois Sheplaw reporting on behalf of the Health Unit that a bicycle helmet safety program is being planned, and Linda Shmyr of Elk Point Health Centre reporting plans to celebrate Canada

Health Day May 12 at Parkview Extended Care.

Terri Ehlert, FCSS, reported that the Lend-a-Hand Tax Return service had been successful, with 3 volunteers completing over 45 returns, that Information Night is slated for September 19, and that Seniors Week is coming up from June 4 to 10. Linnette Newby, County of St. Paul FCSS is working with Social Services on a collaborative effort for families in crisis. Millie Orr reported the

Chamber is sponsoring a rodeo week dress-up contest and will also be involved in beautifying the town again this year.

Verona Lea Flanders, Further Ed, is already planning courses for fall, Darlene Kozicky reported that North East Adoption Resources has received the go-ahead to operate for another year, and Irene Zarowny said that AADAC is having another RAD Fun Day for teens on June 17.

Sgt. John Humphrey, RCMP, has seen a seasonal increase in

impaired drivers and a rash of assaults lately. Margaret Modin reported on the Zone 7 playoffs for senior sports, and Rev. Jim MacLellan offered a 'sermonette' on focusing one's efforts on things one can accomplish, rather than worrying about all the things one cannot do. This is very apt advice for this group, who are involved with many activities and who sometimes find it difficult to be all necessary places and to complete all necessary tasks.



County of St. Paul No. 19

FOR SALE BY TENDER

The County of St. Paul No. 19 hereby offers for sale by tender the following properties:

N1/2 NW 29-56-5-W4M 83.53 Acres
SE 24-58-7-W4M 87.83 Acres
NE 35-56-10-W4M 149.56 Acres
SE 1-57-10-W4M 146.33 Acres
SW 1-57-10-W4M 148.24 Acres
NW 30-59-11-W4M 1.28 Acres
SW 20-62-10-W4M 159.00 Acres

HEINSBURG

Lots 1-3, Block 1, Plan 4950 EO
Lots 15-17, Block 1, Plan 4950 EO
Lot 20, Block 1, Plan 4950 EO
Lot 11, Block 2, Plan 4950 EO
Lot 14, Block 2, Plan 4950 EO
Lot 15, Block 2, Plan 4950 EO
Lot 16, Block 2, Plan 4950 EO
Lot 19, Block 2, Plan 4950 EO

LINDBERGH

Lot 6, Block 1, Plan 1336 EO
Lot 7, Block 1, Plan 1336 EO
Lot 10, Block 2, Plan 1336 EO
Lot 11, Block 2, Plan 1336 EO
Lot 24, Block 2, Plan 1336 EO
Lot 25, Block 2, Plan 1336 EO
PNW 34-56-5-W4M .63 Acres

LOTTIE LAKE

Lot 13, Block 8, Plan 812 1231

ASHMONT

Lot 19, Block 1, Plan 1379 CL
Lot 18, Block 4, Plan 1379 CL
Lot 15, Block 6, Plan 782 0727

MALLAIG

Lot 14, Block 2, Plan 1005 EO
Lot 7, Block 5, Plan 5096 HW
SE 25-60-10-W4M .53 Acres

ST. LINA

Lot B, Plan 2939 HW
Lot C, Plan 2939 HW
NE 20-61-10-W4M .25 Acres

LOWER THERIEN LAKE

Lot 15, Block 1, Plan 752 1646
Lot 19, Block 1, Plan 752 1646
Lot 20, Block 1, Plan 752 1646
Lot 22, Block 1, Plan 752 1646
Lot 23, Block 1, Plan 752 1646
Lot 24, Block 1, Plan 752 1646
Lot 25, Block 1, Plan 752 1646
Lot 26, Block 1, Plan 752 1646
Lot 29, Block 1, Plan 752 1646
Lot 67, Block 2, Plan 752 1646
Lot 69, Block 2, Plan 752 1646
Lot 89, Block 2, Plan 752 1646
Lot 151, Block 4, Plan 792 2205
Lot 217, Block 6, Plan 792 2205

VINCENT LAKE

Lot 20, Block 5, Plan 4222 NY
Lot 26, Block 2, Plan 792 0260
Lot 27, Block 2, Plan 792 0260
Lot 29, Block 2, Plan 792 0260
Lot 34, Block 2, Plan 792 0260
Lot 35, Block 2, Plan 792 0260
Lot 36, Block 3, Plan 792 0260
Lot 37, Block 3, Plan 792 0260
Lot 38, Block 3, Plan 792 0260
Lot 3, Block 1, Plan 752 1284
Lot 5, Block 1, Plan 792 2083
Lot 2, Block 2, Plan 792 2083

LOWER MANN LAKE

Lot 12, Block 1, Plan 6815 MC
Lot 13, Block 1, Plan 6815 MC
Lot 15, Block 1, Plan 6815 MC
Lot 17, Block 1, Plan 6815 MC
Lot A, Plan 6815 MC

UPPER MANN LAKE

Lot 70, Block 6, Plan 193 TR
Lot 92, Block 7, Plan 752 0961
Lot 107, Block 8, Plan 752 0961
Lot 6, Block 1, Plan 802 2177
Lot 1, Block 2, Plan 802 2177
Lot 3, Block 2, Plan 802 2177
Lot 6, Block 2, Plan 802 2177
Lot 8, Block 2, Plan 802 2177
Lot 9, Block 2, Plan 802 2177
Lot 10, Block 2, Plan 802 2177
Lot 11, Block 2, Plan 802 2177
Lot 12, Block 2, Plan 802 2177
Lot 3, Block 3, Plan 802 2177
Lot 4, Block 3, Plan 802 2177
Lot 5, Block 3, Plan 802 2177
Lot 6, Block 3, Plan 802 2177
Lot 7, Block 3, Plan 802 2177
Lot 8, Block 3, Plan 802 2177
Lot 9, Block 3, Plan 802 2177
Lot 10, Block 3, Plan 802 2177
Lot 11, Block 3, Plan 802 2177

FLOATINGSTONE LAKE

Lot 6, Block 1, Plan 792 0309
Lot 27, Block 1, Plan 792 0309
Lot 38, Block 2, Plan 792 0309
Lot 41, Block 2, Plan 792 0309
Lot 50, Block 2, Plan 792 0309
Lot 59, Block 3, Plan 792 0309
Lot 70, Block 3, Plan 792 0309
Lot 78, Block 4, Plan 792 0309

Tenders will be received by the undersigned until 12:00 noon - Monday, May 29, 1995; and are to be mailed to:

Robert Krawchuk, County Administrator
County of St. Paul No. 19
5015-49 Avenue, St. Paul, AB., T0A 3A4

Tenders are to be clearly marked on the envelope: "Tenders re: (legal description)"

Terms of Sale - Full payment upon acceptance of the tender. Highest or any tender not necessarily accepted. The above properties may be subject to GST.

Further information is available by contacting
Linda Meger at 645-3301, or fax your requests to 645-3104.

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Exciting new books for our young readers

By Michele Ducek
Librarian

More new books arrived this past week including the latest in several juvenile series.

In **The Last Vampire 3: Red Dice** by Christopher Pike Alisa, a vampire, must save her partner and fellow vampire, Joel, from the government who wants to study them like laboratory specimens.

Frank and Joe Hardy investigate the death of a magician's assistant in **Murder by Magic**.

Nancy Drew is asked to investigate the "accidental" death of a naval flight trainee in **Flying Too High**.

Elizabeth and Jessica search for treasure with three convicted murderers on their trail in **The Treasure of Death Valley** from Sweet Valley High.

The twins switch roles with their mother and are in for a few surprises in **The Mother-Daughter Switch** from Sweet Valley Twins.

Dawn thinks some of the kids are going too far during School Spirit Month in **Dawn and the School Spirit War** from the Babysitters Club.

Despite Karen's visits, her pony remains lonely. How can she make him happy? Find out in **Karen's Pony** from

Babysitters Little Sister.

When Club members set up a fortune-telling tent as a fundraiser, a lonely junior rider wants to know what the future has in store in **Horseshoe** from The Saddle Club.

Bear Country School's TV station is making media stars of Brother and Sister Bear and their friends but they are not stalling with schoolwork in **Media Madness**, the newest Berenstain Bears Big Chapter Books.

Younger Berenstain Bear fans will want to check out **The Berenstain Bears and the Green-eyed Monster**. Brother

Bear gets a new bike for his birthday and Sister Bear is jealous.

We have also received five titles in the **Step Into Reading Series**. These books have different reading levels and are great for new readers.

Other new books for children include **Daisy-Head Mayzie** by Dr. Seuss. This tale was written in the 1960s and only discovered after the author's death in 1991. Sure to be a classic like his others.

LIBRARY CALENDAR

Saturday, May 27, 11 a.m. - 3 p.m.: Used Book Sale at the library. Low, low prices on a

large selection of items.

Friday mornings, 10:30 a.m.: Storytime - come out for stories, crafts and more.

DID YOU KNOW:

The Brooklyn Bridge opened to traffic on May 24, 1883. (The first "sucker" probably bought the bridge on May 25, 1883.)

CHURCH SERVICES

Elk Point Baptist Church
10:00 a.m. - Sunday School; 11:00 a.m. - Worship Service; Evening Services - Alternately held at the Heritage Lodge and Hospital; Tuesday, 10:00 a.m. - Ladies Bible Study (Child Care provided)
United Church of Canada Elk Point

CHURCH OFFICE HOURS
Normally - Mornings Tuesday to Saturday;

WORSHIP SERVICES
Sunday - 10:00 a.m. Church Service; 10:00 a.m. Sunday School

Elk Point Christian Community Church
Railway Ave & 53 St.; Sunday Worship Service - 10:00 a.m.; Sunday School - 10:00 a.m.; Adult Bible Study - Sun, 11:30 a.m. (Child care provided); Youth Group (Fri. Club - Gr. 4, 5 & 6) 2nd & 4th Fri. 7 p.m.; Office hours - Thurs. & Fri. 9 a.m. - 12 noon Rev. Sam Donaldson 724-3353 or 645-2607

Bible Fellowship Church
Clandonald
Services held every Sunday at 11:00 a.m.

St. Michael's Catholic Church
Sunday Mass 12 p.m.

Bethel Lutheran Church of Lea Park
Sunday Worship Services, 10:30 a.m.

St. Vladimir's Ukrainian Orthodox Church Elk Point
For service times, call 645-5156, St. Paul or 724-4351, Elk Point.

Congratulations Elk Point Graduates The Elk Point Review

COMMUNITY NEWSLINE

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.P.S. meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, west door, Elk Point.

"New To Town" FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902 - 51 Street.

Recycle Your Paper - Paper trailer is located at the Universal Bottle Depot - 5214 Railway Ave. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - Mon. - CLOSED; Tues. 10 a.m. to 5 p.m.; Wed. 2 p.m. to 9 p.m.; Thurs. and Fri. 10 a.m. to 5 p.m.; Sat. 10 a.m. to 3 p.m.; Storytime - Fri at 10:30 a.m. Photocopies, extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

Elk Point Olletes regular meeting is the 1st Thursday of the month. For more information, call Fay at 724-2036.

Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950

Adoption Support Krew - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

School budget is approved

The St. Paul Education Regional Division No. 1 approved its 1995-96 budget at its May 16 meeting. Projections are for a balanced budget with revenues and expenditures of \$24,288,668.

While the proposed budget is balanced, secretary-treasurer Jean Champagne cautioned that there are several variables that could have a significant impact on the final outcome.

As all funding is now directly tied to enrollment, the board will not know its exact revenue until next September when the students come back to school. Job cuts in the public sector over the past few years have caused a decrease in enrollment in the St. Paul region.

The Regional Division is also just now entering into collective bargaining with its teaching and non-teaching staff. With an annual teacher payroll of upwards of \$11.5 million, every percent change makes a substantial difference.

In order to achieve a balanced budget, it was necessary to eliminate 3.3 teaching positions, he said. Due to a number of retirements, the cuts were achieved through attrition and no layoffs were needed.

Champagne added that reducing teaching staff is always a last resort, but after several years of belt tightening and virtually no access to additional revenue, it was really one of the only options left.

School Superintendent Ted Cabaj said that the elimination of the teaching positions will affect Heinsburg School, Elk Point Elementary School, Ashmont Secondary School and Two Hills High School.

"There was a decline in enrollment at the upper elementary level at Elk Point. Heinsburg may have to com-

bine some classes, and at Ashmont, a special project position was not renewed."

Board Chairman Ray Danyluk said that "The new Alberta Education Funding Framework has had a significant impact on budget development."

The Province has now assumed full funding of education thereby taking away the ability of school boards to levy school taxes to generate additional revenue. The framework, which is part of the province's revamping of education funding, provides equal per student throughout the province.

As part of its bid to control administration costs, the province divided funding into three specific blocks: Instruction, Support and Capital. Instruction includes all school related expenses.

Support covers facility maintenance, board governance, central administration and student transportation. The Capital block includes debt servicing and new construction.

Even though funding has been equalized throughout the province, the Board still has several concerns over the level of funding, he said. As an example, the Board has committed itself to continue to offer a full 400 hours ECS program. With the province only provid-

ing funding for 240 hours, the Board has to subsidize the program to the tune of \$104,630.

Trustees are also concerned about the level of funding for special needs students, he said. The province only provides \$8,910 for every disabled student, which does not even cover the cost of an aide.

Chairman Ray Danyluk acknowledged that administration continues to be a target for spending cuts and the new provincial guidelines have set a 5.4 per cent cap on administration spending.

Business Directory

ELK POINT INSURANCE & REALTY LTD.

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Lance Clark, B. Comm., C.A.

Les Dunwoodie, B. Comm., C.A.

ELITE THEATRE

Movie Information Lines
St. Paul, 645-3448. Two Hills, 657-3339
Feature Subject to Change Without Notice

LAST 3 DAYS

May 23, 24, 25

While You Were Sleeping

SANDRA BULLOCK

BILL PULLMAN

Rated: Parental Guidance

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May 26 - June 1

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1 AUCTION

UNRESERVED FARM equipment and industrial consignment auction, Sat., June 24, Redwater, Prodanluk Auction, for information or to consign, phone 403-942-3486. 1-21

GUNS, GUNS, GUNS. Bud Haynes 2 Day Gun Auction, May 29 and 30, 7 p.m., Holiday Inn, Red Deer. Murray Lundie Estate. Francis Dunne Collection. Brochures 1-403-347-7633, 1-403-347-7301. 1-21

ANTIQUE AUCTION, Sun., June 4, 1995, 12 Noon, Penhold, AB. Memorial Hall, Victorian, Primitive, Homestead, and Canadiana. Donna's Auction Service, 1-403-782-2473. 1-21

2 AUTO

FOR SALE - White 1988 Cadillac D'Elegance, mint condition, loaded. \$11,500 obo. Phone 645-2488. Jun13

Consign your car, truck, motorhome, motorcycle with confidence.

Ron at
Specialty Motor Car
5037-50 Ave., St. Paul - 645-6998

2 AUTO

FOR SALE - 1986 Ford F700 H.D. 1800 gallon water truck, clean tank, spray bar, 429, 5x2 transmission, new tires, 177,000 km. \$5,000 obo. Phone 366-2439. May23

FOR SALE - 1979 Ford Van, p.s., p.b., captain seats and bed, mechanically sound, body rust. Phone 645-3193. May30

FOR SALE - 1983 Oldsmobile Firenza, reliable and good shape. \$2,000. 724-2350. May23

OKOTOKS COLLECTOR Car Auction, May 26/27. Indoors examples: '26 Model T, '28 Chev Landau, '36 Cadillac V12 convertible, '41 GMC truck, '56 Ford Sunliner convertible, '66 Mustang, '68 Shelby GT500, '70 Mustang. Good spaces available. Free brochure, 403-938-4139. 3-21

DON'T BUY a used car without reading "How To Inspect A Used Car". Save money! Problems! Only \$3.95 (includes shipping and handling, G.S.T.) Thorne Enterprises, Box 89, 9647 - 41 Ave. Edmonton, T6E 6H4. 1-21

4 BUSINESS OPPORTUNITIES

SMALL BUSINESS OPPORTUNITY - EXERCISE STUDIO: 7-toning tables; plus various hydraulic equipment and treadmill operating aerobic circuit training. For further info. call Verna at 645-1919, 645-5027. May23

CLEAN, WELL ESTABLISHED - Well equipped alignment / brake / weld shop. Price \$129,900.00. Bill wants to retire. Phone him at 645-4359, St. Paul, Alberta. May23

OUTDOORSMAN. Amazing new product Can-Saw, worlds fastest cutting pocket saw. Can cut 3" limbs under 10 seconds. Profitable dealerships available. Phone Mr. Collins 403-258-3346. 1-21

PEPPER SPRAY dealers needed. New to Canada. Now legal as dog/bear repellent. Excellent source of income. Earn big \$\$\$! Call 1-800-718-9598. 1-21

TAKE RESPONSIBILITY for your health, take a natural approach with authentic Ming Dynasty Chinese herbs. Wholesale buyers, distributor inquiries welcome. Geoff or Christine 403-538-0616. 1-21

GOVERNMENT ASSISTANCE PROGRAMS. Government aid, assistance, grants and loans money available for your new or existing business. Call 1-800-505-8866. 1-21

MAJOR CANADIAN FINANCIAL firm is seeking to hire agents with previous financial background or related experience in your local areas. Further information call Don/Brian 403-269-2900. 1-21

TIRE D of making money for someone else. Well established craft and fabric business for sale. Good location in Spruce Grove. Call after 7 p.m., 1-403-962-0633. 1-21

MANY ALBERTA BUSINESSES for sale, e.g.: country cafe/gas bar/grocery with accommodation or bulk food. \$85,000. owners earnings. Call for catalogue. Andrews Business Brokerage 1-800-667-9577. 1-21

6 EMPLOYMENT OPPORTUNITIES

BE A SUCCESSFUL WRITER and write for money and pleasure while learning how. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Write, call or fax today for our free book, "How to be a Successful Writer." Toll free 1-800-267-1829, fax 1-613-749-9551, The Writing School, 38 McArthur Ave., Suite 2314, Ottawa, ON, K1L 6R2. 4-22

INTERNATIONAL SCHOOL of Auctioneering, Canada's oldest established auction school. Learn to be professional auctioneer from some of the best in the business. Join us! Olds College Campus. Next class June 19/95. 1-800-467-7578. Free brochure. 3-23

GUEST RANCH near Banff requires trail guides, housekeepers, waiters, waitresses, cooks, front desk and nannies. Apply to: Box 964, Banff, AB, T0L 0C0 or phone 403-673-3737. 4-23

Wanted Immediately
Clubhouse
Manager

Terms Negotiable.
Apply in person
Elk Point Golf Club
or Phone 724-3733
or Cell 645-0662

6 EMPLOYMENT OPPORTUNITIES

SALESPERSON NEEDED to sell toys, gifts, home decor for C & M Gifts. Two full colour catalogues. Exclusive items, low prices, no investment. Call 519-258-7905, fax 519-258-0707. 3-22

EXPANDING New Holland dealer in northern BC requires first class licensed mechanic preferably with air conditioning experience and experience with Ford and Versatile tractors and New Holland combines. Starting salary \$20/hour. We are a service excellence dealer. Mail or fax resume to: Butler Farm Equipment, 9008 - 107 St., Fort St. John, BC, V1J 5R5. 1-21

EXPERIENCED AUTOMOTIVE MECHANIC to manage complete mechanical shop. Wages negotiable, complete benefit package. Send resume to: Fountain Tire, 5223 - 4 Ave., Edson, AB, T7E 1L4. Deadline May 27/95. 1-21

REQUIRED IMMEDIATELY. Experienced auto body journeyman for busy modern Icar gold class body shop in west central Alberta. Excellent wage and benefits package. Call 403-865-7336/2662, evenings 403-865-4314. 1-21

PUBLIC WORKS FOREMAN - Full-time position available July 1, 1995 with growing town of 1600 population. Applicants should have excellent public relations, management and supervisory skills. Knowledge of heavy equipment, water and waste water treatment an asset. Benefits. Please state salary expected and qualifications. Submit written applications to Town of Nanton, Box 609, Nanton, AB, T0L 1R0. Deadline June 9, 1995. 1-21

SALES PERSON. Wanted new and used vehicle salesperson for large volume Ford dealership. Call 1-800-232-7255, Wetaskiwin, AB. 1-21

THE FREE PRESS in Fernie, BC is looking for a full-time editor for their weekly newspaper. Must have previous editorial experience and be familiar with Quark X-Press. Fax resume before May 26 to Cindy Brunel, Publisher at 604-423-3110. 1-21

7 ENTERTAINMENT & EVENTS

PRO-GUN RALLY. 1st Anniversary Responsible Firearm Owners of Alberta. Talent contest/supper, Sat., May 27. \$1,000. cash and prizes. Pancake Breakfast, Sun., May 28. Call 403-842-6557 for information. 2-21

8 FEED & SEED

FOR SALE - Alfalfa Seed Common #1, locally grown, 96% germination. 1993 Honda TRX 300 quad, like new. Call Roger 645-2381. Jun6

ALFALFA SEED - Tap root and creeping root varieties, locally grown, 93% germ. Can supply all other grass seeds and inoculants. Raymond Phillips at 366-3982 Beauvallon. Jun6

ALFALFA SEED - Locally grown. High quality Com. #1 Tap or Creeping varieties. \$1.70/lb., available inoculated. Smooth Brome \$1.50/lb. Meadow Brome \$1.75/lb. Les Yaremchuk, Myrnam 366-2105. Jun6

HAY - Mixed Timothy Alfalfa / Brome Alfalfa, also Alfalfa. 4-wheel drive John Deere 7020. Phone 645-2274. xxx

SEED OATS GROWN FROM DERBY - 92% germ. Seed barley grown from Brian, 99% germ. C.P.S. wheat, 96% germ. Phone 657-2270. May30

TOP QUALITY SEED for sale. Alfalfa, clovers, Timothy, smooth and meadow brome grass, crested wheat grass, hay, pasture and plow down mixes. Excellent prices. Golden Acre Seeds, 1-800-481-7333. 10-21

8 FEED & SEED

GINSENG, the cash crop of the future. The time is now! Information, seed, seedlings. Allan 403-452-0923 after 2 p.m. (Edmonton). 1-21

9 FOR RENT

FOR RENT - 2 bedroom house in Elk Point. Garage. References required. Phone 724-2394. May23

FOR RENT - 1 bedroom home, centrally located. Recently renovated. Fridge and stove included. Very reasonable utilities. \$300 per month. Call MacFarlane's 853-6484 Vermilion. xxx

LOVELY WELL KEPT farm home overlooking Derwent Village. \$300. Carl 466-5263. xxx

3 BEDROOM HOUSE in Central Elk Point, includes utilities, \$500.00. Phone 1-435-1481. xxx

10 FOR SALE

1991 CEREAL blade with automatic hydraulic trip shanks, like new. Bids by June 12, 1995. County of Forty Mile, Box 160, Foremost, AB, T0K 0X0. 1-21

SASKATOON SEEDLINGS. Free information and catalogue. Order now for spring delivery. Three top producing varieties - quality guaranteed. To find out more call toll free 1-800-463-2113. 6-21

COMMERCIAL/AGRICULTURAL woodframe metaclad straightwall buildings. Lowest prices. Prompt service. Trouble free construction anywhere. Engineering and design available. Apex Building Systems, Calgary 1-800-679-APEX(2739). 4-23

FOR SALE - 1980, 930 Cat forklift, 17.5 X 25 rubber, side shift, serial #41K10548. Cat 950e loader, 23.5 X 25 L4 rock tires - 60% log grapple and guarding package, serial #22704993. 1993, KMB log processor, serial #5686010, approximate hours 2000. Phone 403-523-4544. 2-22

60' X 90' X 14' FARM SHOP, straight wall, galvalum cladding, \$19,975. Coloured cladding, doors, windows, labour and freight extra. Master-Craft Buildings Systems Ltd. 1-800-432-1836, Calgary 403-269-4117. 1-21

16 WIDES, doubles, bungalows and bi-levels, custom built to your design. Quality and value with a 5 year warranty. Best price guaranteed. Pleasant Homes, 403-962-0238. 13-26

IT'S TIME to move up, way up. Unique two storey Cape Cod style homes now available. Explore the possibilities. Trades welcome! Noble Homes, call collect 403-447-2333. 1-21

WIN A \$55,000. Manufactured Home! A trip to the Camrose Big Valley Jam-boree! Enter at Ridgewood Homes: Edmonton 403-470-5660; Calgary 403-571-1515; Red Deer 403-350-3131, collect. 1-21

RED DEER, Central Alberta Custom Homes offer homes for all budgets. Starting as low as \$33,000. Also good selection of used homes. Highway 2 South. 403-347-5566. 1-21

WE HAVE an inventory of over 50 pre-owned mobile homes to move to your area. Call Benita Pashko at 403-448-7355, Realty Executives. 1-21

1986, 24' VANGUARD diesel motorhome. Upgraded interior, air conditioning, new tires, brakes, winter package, excellent shape, \$27,500. Phone 403-236-1804. 1-21

24' X 40' DOUBLE wide office to be moved in central Alberta. Complete with waiting room large central office board room and two single offices. Also Panther phone system and office furniture available. Call 403-227-2523 or fax 403-227-4100. 1-21

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Elk Point Review

Tuesdays - \$3.00 per week + G.S.T.
Grand Centre Sun

Tuesdays - \$3.00 per week + G.S.T.
Bonnyville Nouvelle

Tuesdays - \$3.00 per week + G.S.T.

Combination of all papers - \$12.00 / Week

(20 cents per word per newspaper insert over 25 words)

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

Place your order at either of our offices:

St. Paul Journal - 645-3342
Elk Point Review - 724-4087

Lakeland Marketplace

Lakeland Marketplace

Lakeland Marketplace

Lakeland Marketplace

10 FOR SALE

\$39,900. BRAND NEW 3 bedroom, 2 bathroom home with fridge, stove, coverings, gas water heater, 2 X 6 construction, storm doors. Limited offer. Commonwealth Homes, Red Deer, 1-800-341-6675. 1-21

M & K HOME SALES. Representing SRI, Triple E, New Horizon Homes. Spring Clearance on 20 different floor plans. 16' wide and modulars, servicing Alberta. Phone 1-800-204-5598. 1-21

JANDEL HOMES - Edmonton's largest selection of 16' wide, doubles, modulars. New 3 bedroom, appliances, cathedral ceilings, large country kitchen, delivery, 5 year warranty. \$38,900. 1-403-478-1404, 1-800-463-0084. 1-21

11 FOUND

FOUND - Set of keys has been turned in to our office. Please call and identify. 724-4087. May30

12 GARAGE SALES

Multi-Family Garage Sale

5304-Ravine Drive

Thurs., May 25 1-8 pm

Fri., May 26 10-8 pm

FURNITURE,
HOUSEHOLD ITEMS,
BOOKS,
PLUS MUCH MORE.

13 LIVESTOCK

BLACK ANGUS BULLS - Good selection of yearlings, one two year old. There are several real heifer type bulls with low birth weights. Semen-tested, free delivery. Phone Duane at 403-847-2395 or 2175, Marwayne. June6

35 REGISTERED - Purebred Limousin cows/calf. Phone 645-5589 evenings. May30

FOR SALE - 1-year-old sorrel stud colt, part quarter horse, halter broke, quiet. Asking \$600. Phone 645-2527. May23

FOR SALE - Simmental bulls. Two 3-year-olds; one 2-year-old, 4 yearlings and two 1/2 Brahman bulls. Call 403-366-2291. May23

FOR SALE - 100 mixed cow calves pairs. Good quality. Phone Rolland 367-2574 or Ron 657-2507. May23

STANDING AT STUD - Eleven Te Two, dark brown, great disposition, looks good. Fees \$175 for Grade Mares, add \$75 for registrations. (GST included). Contact Wes Bennett 645-2157 evenings. May23

FOR SALE - Range cows and calves. Phone 632-7547. xxx

YEARLING CHAROLAIS BULLS FOR SALE - \$1,000 each. Phone 636-3676. May23

FOR SALE - Charolais and Tarentaise Yearling bulls. Red and white. Horned and Polled. Phone Gold in Boulders Farms 726-2579. May23

POLLED HEREFORD BULLS - Excellent quality, reasonable prices, the Lakeland's preferred choice. Select now! Free delivery when required. Phone 726-2195, Upham Farms Ltd. xxx

PUREBRED CHAROLAIS BULLS - 2-year-olds and yearlings. Delivery available. Majestic Charolais, St. Lina, 623-4197. May23

QUALITY YEARLING SIMMENTAL BULLS - Good disposition, polled and horned, purebred and full blood. Also one 2-year-old. Guaranteed breeders. Mary or John Buck. 764-2105. May30

13 LIVESTOCK

SALER BULLS - Purebred and percentage, yearling and 2-year-old, horned and polled, vet evaluation of semen soundness. Saler bred cows. Free delivery. Scattered Spruce Sales, 768-2284. June6

BULLS - For sale or rent. All breeds available. Phone 632-2139. xxx

2-YEAR-OLD - And Yearling Fullblood and Purebred Limousin bulls. Also several black polled yearling bulls. Phone Geneva Lake Limousin, evenings, 763-2401. June27

FOR SALE - Registered Polled Hereford Yearling bulls. Semen tested. Halter broke. Will deliver. Also registered Yearling heifers. NCX Polled Herefords. Phone 657-2270. June6

FULLBLOOD LIMOUSIN BULLS - Easy calving. 2-year-olds and 1-year-old, also 16' hitch horse trailer, 2 years old, like new, spare, mats. 645-6933. xxx

FOR SALE - Polled and Horned Charolais Bulls. 2-year-old and yearlings. Phone NYC Charolais 724-2411. xxx

E-Z CALVING - High performance, Charolais yearling and two-year-old bulls. Also bred and open heifers. Greedence Charolais Ranch, Ervin Zayak, Derwent, 741-3868 or 741-2222. xxx

CATTLE SCALE, cattle oiler, self feeders, 1975 Ford F700 16' cattle box and hoist, 8" X 36" PTO grain auger, fuel tanks, electric cream separator. 403-922-2097. 1-21

WE SELL HORSE and stock trailers. New 16 X 6, \$4,675; two horse \$4,275. Gooseneck 18 X 6'8", \$7,575. No payments for 1 year. Low interest. Lomar Farms. Phone 403-672-6807, 403-335-4592. 1-21

FULL-BLOOD colourful Longhorns for the big trail drive. Bulls, cows, yearlings. Some bred. Roping and dogging yearlings. Phone Happy Campbell 403-379-2243, Bindloss, AB. 2-22 LLAMAS (Legacy Classic Sale VIII). 64 llamas being sold by auction. June 10/95, Westerner Exposition Fairgrounds, Red Deer, Alberta. Call (403)346-3148 for details or catalogue. 2-21

FOR SALE: 1st calf heifers with calf at side. Some 2nd calves. Phone 403-546-2401. 2-21

HIGHLAND CATTLE for sale. Various colours and sizes. Some tame ones. Reasonably priced. Can deliver. 403-388-2293. 1-21

BULLS FOR SALE or rent. All breeds available. 2, GMC livestock trucks, A-1 shape. 10 range cows and calves. Phone 403-632-2139. 1-21

15 MACHINERY

FOR SALE - John Deere 8430 FWD, 4700 hrs., 215 h.p., excellent condition. Phone 645-2419. May30

1370 CASE - J.D. 4840; J.D. Disc 17-1/2'; Co-op Cultivator 14' H.D.; Hogwire (6-8 rolls, like new); 2 hogpens (10x12); rough lumber (6x18x2). Price negotiable. 645-2153. May23

FOR SALE - CI cultivator #807 - 41' with Engro cold flow kit. 645-2507. xxx 1993, 7700 MFWF diesel tractor with cab. Fenders 2 func/SL valve Quick Detach coupler; 740 MSL loader; QD 97" reg. duty bucket; QD bale fork, 3 pt. hitch, 20.8 X 38 rear, 16.9 X 28 front tires; am/fm radio, 5 year 3000 hour warranty; 163 hours used, asking \$97,500. o.b.o. Estate 403-988-5704, Edmonton, AB. 1-21

16 MISCELLANEOUS

PINE & SPRUCE LUMBER FOR SALE - Rough \$400 / thousand. Planed \$450 / thousand. Phone 636-3676. May23

16 MISCELLANEOUS

BORED! Planning vacation? Handy pocket calendar with 500+ Alberta events, descriptions and contacts. \$7. (includes GST) or information: SCR, Box 3134, Fort Saskatchewan, AB, T8L 2T1. 4-23

TRUCK RAFFLE 1995 F150 XLT Extend cab 4 X 4, many extras. Cash prizes \$2000, \$1500, \$1000, \$500. Tickets: E.I. AG Society, Box 1092, Brooks, AB, T1R 1B9. 1-403-362-2262, fax 1-403-362-7696. \$10. or 3/\$25. Draw June 10/95. 5000 sales. Visa/Mastercard. Licence #R118244. 1-21

17 NOTICES

HERE'S YOUR CHANCE! High River Ag. Society - Handibus Auto Ostrich Raffle. Win 1995 Chrysler New Yorker or 1995 Dodge 2500 Club Cab or trio of breeding ostrich. Tickets only \$20. (6,250 printed). Mail to: High River Ag. Society, Box 5271, High River, AB, T1V 1M4. Phone 403-652-1111. Next early bird draw: Painted ostrich eggs (May 22). 4-21

18 PERSONAL

CAMELOT INTRODUCTIONS - Professional matchmakers, specializing in the rural areas. We have proven success at matching singles of all ages for marriage or companionship. 1-204-467-9634 or Box 137, Rosser, MB, R0H 1E0. May23

HEAVENLY PSYCHIC ANSWERS. Call your psychic friend at 1-900-451-3783. Live 1 on 1, 24 hours, \$2.99 per minute. 18+. "Better Living" is "Through Awareness". 4-24

LOCAL DATELINE. The fastest way to meet people, long term or casual, confidential. Call now 1-900-451-3534 ext. 504. \$1.98 per minute. 18+. 4-22

PSYCHIC DIANA. This psychic is like no other. Will help in love, marriage, job, drug and alcohol addiction. Calgary's best psychic, 96% accurate. Licensed. 403-276-9280. 20 years experience. 2-22

SOULMATE singles magazine. Specializing in rural introductions. Readers nationwide. Single issue \$5. Write: #9, 237 - 13 St. N., Lethbridge, AB, T1H 2R6, for your copy or information. 1-21

DIAL YOUR DESTINY! Tarot, astrology, dreams, tough decisions. Call our psychics. They know! They're waiting. 1-900-451-3297, ext. 307. \$3.99 minute. 18+. Touchtone. Infoservice, Studio City, CA, 213-993-3366. 1-21

DATELINE! New service! Meet someone tonight! 1-900-451-3286, ext. 103. \$2.99/minute. Must be 18+. Touchtone only. Infoservice/Studio City, CA, 213-993-3366. 1-21

BACK PAIN, arthritic pain, diabetes, overweight, lupus, high blood pressure, muscular dystrophy, multiple sclerosis. Relieve these and more on the Health Circulator. World's easiest, most beneficial exercise. 1-800-615-1376. 1-21

ALBERTA 900 DATELINE. Great dates! Alberta girls and guys, voice personals. Call 1-900-451-3099, Ext. 489. 18+. Touch tone. \$3.29/min. Caneda 900. (702)593-0303. 1-21

CAMELOT INTRODUCTIONS - Professional matchmakers, specializing in the rural areas. We have proven success at matching singles of all ages for marriage or companionship. 1-204-467-9634 or Box 137, Rosser, MB, R0H 1E0. 1-21

NEW COLORS, COM-
PACTS & PRODUCTS -
With Alpha Hydroxy. Call now
for your complimentary Mary
Kay facial or brochure. Donna
724-3373.

18 PERSONAL

COORS LIGHT National Qualifying Slo-Pitch Tournaments: May 27, 28, Blackfalds, MC, LB, C, 403-347-9872. Strathmore, Mens D, Coed C, 403-278-0750. June 3, 4, Edson, Mens B, C, D, Ladies C, D, 403-723-3243. Calgary Coed A, B, C, D, 403-244-7065. June 10, 11, Calgary, Mens A, B, C, D, Ladies B, C, 403-949-3975. St. Albert, Mens +40, +50, 403-458-0050. June 17, 18, Sherwood Park, Coed B, C, D, E, 403-464-5033. Calgary, Coed C, D, 403-272-1538, Medicine Hat, Mens B, C, Coed B, 403-526-4185. 1-21

19 PETS

NORDIC KENNELS for quality, home raised CKC registered Labrador Retrievers. Excellent bloodlines. Blacks or yellows. Puppies available. Charlotte Egnemark, Box 2268, St. Paul, T0A 3A0. 403-645-2206. 1-21

20 REAL ESTATE

FORECLOSURE SALE - Dairy farm near Bittern Lake, half mile from Highway 13. Appraised for \$365,000. - selling for only \$238,000. 25% down. Offers. Phone 403-487-6013. 4-23

SYLVAN LAKE - Own your own R.V. lot at Alberta's fastest growing resort community. Full title includes all services, clubhouse, swimming pool, laundry. Phone Ken 403-887-3705. 1-21

EXCELLENT BUSINESS OPPORTUNITY - Land, buildings and equipment. 5450 sq. ft. grocery store in Nanton. In receivership and priced to sell at \$149,000. Brochures available. Lively Realty, Harry Lively 403-646-2910. 1-21

5100 ACRE BLOCK, dry, cultivated, large gas and oil revenue. Near prosperous town and Trans Canada Highway. Contact: Lester Beck, 1-403-362-2725. 1-21

FOR SALE by owner: Prime cattle ranch, 2400 deeded acres in one block, 3 homes, fenced cross fenced, corrals, calving barn. Lots of water. 403-524-2235. 1-21

NO INTEREST, no down, 1/2 acre lots, Gull Lake, AB. Phone 1-403-748-3002 or 1-403-748-3773. 1-21

GOT A CAMPGROUND membership or timeshare? We'll take it! America's largest and oldest resale clearinghouse. Call toll free Resort Sales International at 1-800-423-5967. Also timeshare rentals needed. Call 24 hours a day. 1-21

HOUSE FOR SALE - In Elk Point. 1180 sq. ft. 3 bdr., 16 years old, attached garage, finished basement, large fenced lot bordering ravine. Good neighbors. Inquiries 724-3199.

21 RECREATIONAL

1978 WINNEBAGO SPORTSMAN'S DEN 25' MOTORHOME - 350 Chev., generator, roof & dash air, 41,000 miles. Rare find. 1989 DT 50 Yamaha dual purpose motorcycle. 635-3813. May23

SEADOO 1990 GT BOMBADIER - 3-seater comes with trailer, excellent condition. Phone 645-5115 or 645-4793. May30

MUST SEE! - 1995 Polaris 425 Magnum 4x4 quad. Under 30 miles. Full warranty. Phone 645-5734 evenings. May23

31-FT. TRAVEL QUEEN MOTORHOME - All fiberglass body. Roof air, awning, generator, etc., low mileage, 1979 model. Will sacrifice for \$14,000. 645-2398 mornings or evenings. May30

1977 LAYTON 23-FT. TANDEM TRAVEL TRAILER - Fully self-contained, full bath, sleeps 6, awning, good condition. \$7,500. 645-2705. May23

21 RECREATIONAL

1978 DIPLOMAT 21' MOTORHOME CHEV. CHASSIS - 350, low mileage, awning, am/fm cassette, rear kitchen, interior redone in 90's decor, very clean. \$10,500 obo. 645-2238 after 6 p.m. May23

FOR SALE - 1978 - 8-ft. camper, good condition. Asking \$1,200. Phone 635-4083 after 6 p.m. May23

1973 BOLER TRAILER - Good condition, clean. Good rubber and spare. Stove, fridge, ice box, port-a-potti, mirrors. \$1,800 firm. 645-5417. May30

VIKING 9 H.P. - Outboard motor for sale with fuel tank. Used very little. Phone 724-4256. May23

1980 - 9-1/2-FT. RUSTLER CAMPER - 3-way fridge, stove, oven, furnace, bathroom, sleeps 5, like new condition. Must be seen! Asking \$5,500. Phone 645-2142. May23

BOAT FOR SALE - 1988 Bayliner 1750 Capri, 2.3 litre, OMC Cobra stern drive, fully equipped boat and custom fitted trailer. Must be seen. \$13,500.00. Ph. 403-645-5243. May30

FOR SALE - 8' Rustler Truck Camper. Fridge, stove, furnace, hydraulic jacks. Good condition. Call 724-2057 after 6:00 p.m. xxx

1986, 21 1/2' SEA RAY with 260 h.p., inboard/outboard, depth sounder/ fish finder, stereo, travel tarp, camper top, 150 original hours, Ezee-load tandem axle trailer with brakes. Mint condition. \$25,000. 403-236-1804. 1-21

22 SERVICES

NEW TO AREA! - Silver's Construction, Residential. Commercial, New Construction and Renovations. Reliability and customer satisfaction is our business! Call Dale or Lori Field at 726-3035. Jly25

FREE LEASE HOLDERS. Do you know the true value of your lease, well production? Problems with oil companies? Expert advice: Worth Engineering, Ron Bysterveld (P. Eng.) 1-403-938-7111. 1-21

CRIMINAL RECORD? Canadian pardon seals record. U.S. waiver. Removes risk of arrest and deportation. Immigration information for travel, employment, business opportunities - CPLC hot line (403)229-1200. 1-21

23 TENDERS

10,000 RETAIL space including office, cafeteria plus 2,300 warehouse. Tenders close June 1. Certified cheque for 10% of tender payable to: Bluesky Co-op, Box 100, Bluesky, AB, T0H 0J0. 403-835-2882. Call 403-835-4743 or 403-835-4195. 2-21

24 TRAVEL

PENDER ISLAND in the beautiful Gulf Islands B.C. A 100 acre farm offers secluded cottages with trout lake, crops, meadows, forests and wildlife. Get pampered with old fashioned meals and charm. Priced from \$120/person including meals. Reservations 1-800-626-5955. 4-23

25 WANTED

PAYING up to \$500. for old round glass "globe" signs from tops of gas pumps. White, rose, Texaco, etc. Also buying old signs. Pete collect 403-932-3411 days, 403-932-2905 evenings. 1-21



The Canadian Red Cross Society

Class of '95 holds the future in their hands

(Continued from Front Page)

not all that the future brings will be planned or happy. "Loss and painful things will come, you have to adjust and go on." She said that their parents, families and community have given them roots, and now have given them wings. "Go for it," she concluded.

Grad Class Presidents Cody Kurek and Renee Anderson thanked all who had worked so hard to put the memorable event together, especially grad advisor Cheri Lindquist, whom they presented with a bouquet.

Mrs. Lindquist said that after a hectic week, "it all came together in the end." She recalled that this group was her first Grade 7 Home Ec class, and as well as their sock monkeys and aprons, this class had had many firsts - study lounge privileges, school spirit presentation to the new school board, being part of a provincial playoff basketball team, and having a ramp at their grad ceremonies. She said these students "each have an ability to persevere and make dreams a reality." She presented \$150 citizenship scholarships to Tammy Zacharuk, Renee Anderson and Cody Kurek.

Jonathan Kadutski and Tammy Zacharuk presented gifts to the grad presidents.

Travis Pankiw saluted his fellow grads with an original song, "Yesterday's Memories."

German exchange student Jana Linke recounted some of her experiences in her year at FGM, during which she stayed with the Ramer family, the

Hellquists and currently at Renee Anderson's home. "The year is almost over, it's scary to realize that time has gone so fast - I can't really imagine going back." She said Elk Point has "become my second home," and said that the year was "not always easy, but it was a great experience. I will miss my close friends... and everything but country music."

Guest speaker was Wayne Hymanyk, the beloved "Mr. H." who had been this class' Grade 3 teacher. His memories of this class "are all great ones. They had great imaginations [their haunted house at Halloween], creativity and energy [The Grinch That Stole Christmas]. I've been proud of you many times, but never as proud as today." He quipped, "you've grown wiser, but I'm still in Grade 3," and advised them to make the most of their opportunities because "you have the potential to do whatever you want."

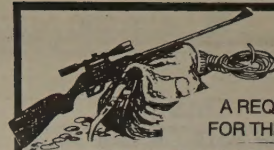
In 1985, this class lost one of its members, Carrie Bepalko, in a car crash. Her cousins, Tammy Zacharuk and Cody Kurek, dedicated a heartfelt poem, "We Will Be There," to Carrie, while Rebekah Matthews read a letter from Ed and Joanne Bepalko and family, who also lost another daughter, Tracy, in the crash. "Thank you for holding the memory of Carrie so dear," they said, wishing all the best for her former classmates.

A slide show accompanied by the music of Elton John's "Circle of Life," picturing the

students in earlier years and today, was also dedicated to Carrie's memory.

The students left the stage to the strains of "Winds of Change"

Please see next week's issue for more pictures and coverage of the banquet.



F.A.C. SAFETY COURSE

A REQUIREMENT WHEN APPLYING FOR THE FIRST TIME OR RENEWING A

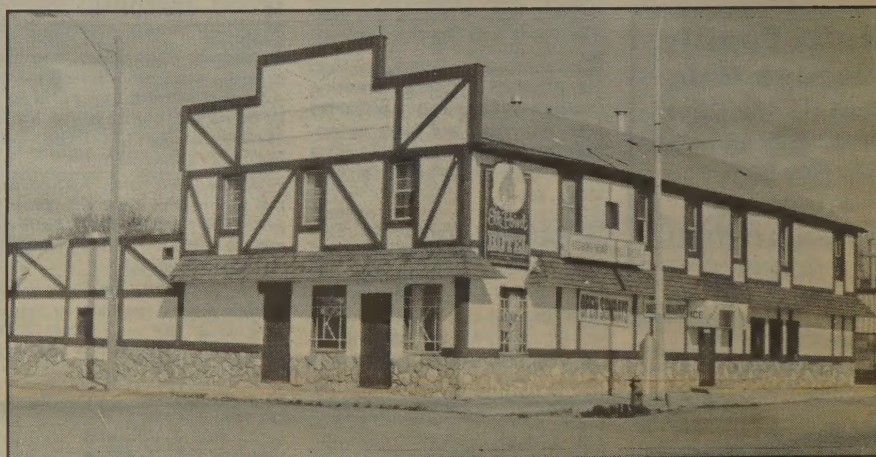
FIREARMS ACQUISITION CERTIFICATE (F.A.C.)
CPFO CERTIFIED LOCAL INSTRUCTOR/EXAMINER

For pre-registration in course call: Dennis Jasinsky 724-4169

COURSE STARTING MAY 27 - 8:00 A.M.

\$100.00 per person

ELK POINT HOTEL



Sunbird Realty Ltd.

*would like to introduce the
new owners and managers of the hotel:*

Arun and Bea to the Elk Point area.

- * Hotel and Liquor Store will be opened 7 days a week for your convenience.
- * They also welcome back all new and previous clients.
- * Hotel is being cleaned up.
- * Watch for further good entertainment.

Sale by Johnny Gawreluck

Sunbird Realty Ltd.

Phone 403-486-5038 -- Edmonton, AB.



CITIZENSHIP SCHOLARSHIP WINNERS - Grad advisor Cheri Lindquist presented scholarships to Tammy Zacharuk, Renee Anderson and Cody Kurek in recognition of their achievements in all areas of school life.